

Barbecued Chicken

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock		1 1/4 cups		2 1/2 cups	1. For barbecue sauce: Simmer chicken stock and onions over medium heat for 5 minutes.
Dehydrated onions OR		1/4 cup 2 tsp	2 oz	1/2 cup 1 Tbsp	
*Fresh onions, chopped	3 oz	1/2 cup	6 oz	1 cup	2. Add catsup, garlic powder, and brown sugar. Simmer 15-20 minutes, stirring frequently. Set aside for use in step 5.
Catsup	3 lb 9 oz	1/2 No. 10 can	7 lb 3 oz	1 No. 10 can	
Garlic powder		1 tsp		2 tsp	3. Rinse chicken in cold water. Drain well.
Brown sugar, packed	12 oz	1 2/3 cups	1 lb 8 oz	3 1/4 cups	
Chicken, cut-up, thawed (USDA-donated, whole, cut-up 8 pieces) OR	24 lb		48 lb		4. Arrange 25 pieces of chicken on each sheet pan (18" x26" x1").
Chicken, cut-up, thawed (USDA-donated, whole, cut-up 9 pieces)	22 lb		44 lb		
					5. Brush 3/4 to 1 qt of barbecue sauce over chicken in each pan.
					6. CCP Heat to 165 degrees F or higher for at least 15 seconds. Bake uncovered, checking frequently: Conventional Oven: 425 degrees F (approx. 45 minutes) Convection Oven: 375 degrees F (approx. 30 minutes)
					7. Transfer to steam table pans for serving. CCP Hold for hot service at 140 degree F or higher.

Comments:
*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	3 1/2 oz	7 oz

Barbecued Chicken

Meat

Main Dishes

D-11

SERVING:	YIELD:	VOLUME:
1 portion (1 breast, or 1 drumstick and 1 wing, or 1 thigh with back) provides 2 oz of cooked poultry	50 Servings: 2 sheetpans 100 Servings: 4 sheetpans	50 Servings: 100 Servings:

Nutrients Per Serving			
Calories	198	Saturated Fat	Iron 1.2mg
Protein	16g	Cholesterol 50mg	Calcium 23mg
Carbohydrate	15g	Vitamin A 72 RE/548 IU	Sodium 425mg
Total Fat	8g	Vitamin C 5.2mg	Dietary Fiber
Thiamin	.07mg	Riboflavin .12mg	Niacin 5.36mg
Phosphorus	123mg	Potassium 279mg	

Beef or Pork Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat) OR	4 lb 5 oz		8 lb 10 oz		1. Brown ground beef or pork. Drain.
Raw ground pork (no more than 24% fat)	4 lb 5 oz		8 lb 10 oz		
Dehydrated onions OR		1/4 cup 2 tsp	2 oz	1/2 cup 1 Tbsp	2. Add onions, garlic powder, pepper, tomato paste, water, and seasoning. Blend well. Simmer for 30 minutes.
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 2/3 cups	
Garlic powder		1 Tbsp		2 Tbsp	
Black pepper		2 tsp		1 Tbsp 1 tsp	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	
Water		1 1/2 qt		3 qt	
#Chili powder		3 Tbsp		1/4 cup 2 Tbsp	
#Ground cumin		2 Tbsp		1/4 cup	
#Paprika		1 Tbsp		2 Tbsp	
#Onion powder		1 Tbsp		2 Tbsp	
Cheddar cheese, shredded	3 lb 3 oz	3 qt 2 1/2 cups	6 lb 6 oz	1 gal 3 1/4 qt	3. Combine shredded cheese with meat mixture.
Flour tortillas (at least 1.1 oz each)		50		100	4. Steam tortillas for 3 minute or until warm.
					5. Portion meat mixture with No. 12 scoop (1/3 cup) onto each tortilla. Fold around meat envelope style.
					6. Place folded burritos seam side down on lightly oiled sheet pans (18" x26" x1"), 33-35 burritos per pan.
					7. CCP Heat to 165 degrees F or higher for at least 15 seconds.
					Conventional Oven: 375 degrees F (approx. 15 minutes) Convection Oven: 325 degrees F (approx. 15 minutes)
Cheddar cheese, shredded (optional)	13 oz	3 3/4 cups	1 lb 10 oz	1 qt 3 1/2 cups	8. CCP Hold for hot service at 140 degrees F or higher.
					Sprinkle shredded cheese (optional) evenly over burritos before serving.

Beef or Pork Burrito

Comments:
*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/4 cup 3 Tbsp Mexican Seasoning Mix. For 100 servings, use 3/4 cup 2 Tbsp Mexican Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	5 3/4 oz	11 1/2 oz

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked lean meat, 1/4 cup of vegetable, and 1 serving of bread alternate	50 Servings: 50 burritos, 1 1/2 sheetpans	50 Servings:
	100 Servings: 100 burritos, 3 sheetpans	100 Servings:

Nutrients Per Serving			
Calories	308	Saturated Fat	
Protein	19g	Cholesterol	55mg
Carbohydrate	20g	Vitamin A	151 RE/922 IU
Total Fat	17g	Vitamin C	7.1mg
Thiamin	.21mg	Riboflavin	.28mg
Phosphorus	270mg	Potassium	344mg
		Iron	2.4mg
		Calcium	227mg
		Sodium	218mg
		Dietary Fiber	
		Niacin	3.4mg

Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-12A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Dehydrated onions OR		1/4 cup 2 tsp	2 oz	1/2 cup 1 Tbsp	1. Mix onions, garlic powder, pepper, tomato paste, water, and seasoning. Blend well. Simmer for 15 minutes.
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 2/3 cups	
Garlic powder		1 Tbsp		2 Tbsp	
Black pepper		2 tsp		1 Tbsp 1 tsp	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	
Water		1 qt		2 qt	
#Chili powder		3 Tbsp		1/4 cup 2 Tbsp	
#Ground cumin		2 Tbsp		1/4 cup	
#Paprika		1 Tbsp		2 Tbsp	
#Onion powder		1 Tbsp		2 Tbsp	
Cheddar cheese, shredded	3 lb 3 oz	3 qt 2 1/2 cups	6 lb 6 oz	1 gal 3 1/4 qt	2. Combine shredded cheese with cooked dry pinto beans or drained pinto beans. Puree beans to a smooth consistency.
*Dry pinto beans, cooked (see preparation note) OR	4 lb 10 oz	3 qt 1/2 cup	9 lb 4 oz	1 gal 2 1/4 qt	
Pinto beans, drained		1 1/4 No. 10 cans		2 1/2 No. 10 cans	
Flour tortillas (at least 1.1 oz each)		50		100	3. Steam tortillas for 3 minute or until warm.
					4. Portion bean mixture with No. 12 scoop (1/3 cup) onto each tortilla. Fold around beans envelope style.
					5. Place folded burritos seam side down on lightly oiled sheet pans (18" x26" x1"), 33-35 burritos per pan.
					6. CCP Heat to 165 degrees F or higher for at least 15 seconds.
					Conventional Oven: 375 degrees F (approx. 15 minutes) Convection Oven: 325 degrees F (approx. 15 minutes)
Cheddar cheese, shredded (optional)	13 oz	3 3/4 cups	1 lb 10 oz	1 qt 3 1/2 cups	7. CCP Hold for hot service at 140 degrees F or higher.
					Sprinkle shredded cheese (optional) evenly over burritos before serving.

Bean Burrito

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-12A

Comments:
*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/4 cup 3 Tbsp Mexican Seasoning Mix. For 100 servings, use 3/4 cup 2 Tbsp Mexican Seasoning Mix.

Marketing Guide

Food as Purchased

For 50 Svgs

For 100 Svg

Pinto beans, dry

2 lb

4 lb

Mature onions

5 3/4 oz

11 1/2 oz

SERVING:

YIELD:

VOLUME:

1 burrito provides the equivalent of 2 oz of cooked lean meat, 1/4 cup of vegetable, and 1 serving of bread alternate

50 Servings: 50 burritos, 1 1/2 sheetpans

100 Servings: 100 burritos, 3 sheetpans

50 Servings:

100 Servings:

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 3/4 qt cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1 3/4 qt water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP Hold for hot service at 140 degrees F.

Or, chill for later use. If chilling:
CCP Cool to 70 degrees F within 2 hours and to 41 degrees F within an additional 4 hours.

1 lb dry beans=about 2 1/2 cups dry or 6 1/4 cups cooked beans.

Beef or Pork Burrito (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-12B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned beef, undrained OR	6 lb 6 oz	3 1/2 No. 2 1/2 cans	12 lb 12 oz	7 No. 2 1/2 cans	1. Remove fat from undrained canned beef or undrained canned pork.
Canned pork, undrained	6 lb 6 oz	3 1/2 No. 2 1/2 cans	12 lb 12 oz	7 No. 2 1/2 cans	
Dehydrated onions OR		1/4 cup 2 tsp	2 oz	1/2 cup 1 Tbsp	2. Add onions, garlic powder, pepper, tomato paste, water, and seasoning. Blend well. Simmer for 30 minutes.
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 2/3 cups	
Garlic powder		1 Tbsp		2 Tbsp	
Black pepper		2 tsp		1 Tbsp 1 tsp	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	
Water		1 qt		2 qt	
#Chili powder		3 Tbsp		1/4 cup 2 Tbsp	
#Ground cumin		2 Tbsp		1/4 cup	
#Paprika		1 Tbsp		2 Tbsp	
#Onion powder		1 Tbsp		2 Tbsp	
Cheddar cheese, shredded	3 lb 3 oz	3 qt 2 1/2 cups	6 lb 6 oz	1 gal 3 1/4 qt	3. Combine shredded cheese with meat mixture.
Flour tortillas (at least 1.1 oz each)		50		100	4. Steam tortillas for 3 minute or until warm.
					5. Portion meat mixture with No. 12 scoop (1/3 cup) onto each tortilla. Fold around meat envelope style.
					6. Place folded burritos seam side down on lightly oiled sheet pans (18" x26" x1"), 33-35 burritos per pan.
					7. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 375 degrees F (approx. 15 minutes) Convection Oven: 325 degrees F (approx. 15 minutes)
Cheddar cheese, shredded (optional)	13 oz	3 3/4 cups	1 lb 10 oz	1 qt 3 1/2 cups	8. CCP Hold for hot service at 140 degrees F or higher. Sprinkle shredded cheese (optional) evenly over burritos before serving.

Beef or Pork Burrito (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Bread Alternate	Main Dishes	D-12B
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Comments:
*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/4 cup 3 Tbsp Mexican Seasoning Mix. For 100 servings, use 3/4 cup 2 Tbsp Mexican Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	5 3/4 oz	11 1/2 oz

SERVING:	YIELD:	VOLUME:
1 burrito provides the equivalent of 2 oz of cooked lean meat, 1/4 cup of vegetable, and 1 serving of bread alternate	50 Servings: 50 burritos, 1 1/2 sheetpans 100 Servings: 100 burritos, 3 sheetpans	50 Servings: 100 Servings:

Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-13

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat) OR	6 lb 7 oz		12 lb 14 oz		1. Brown ground beef or pork. Drain.
Raw ground pork (no more than 24% fat)	6 lb 7 oz		12 lb 14 oz		
Dehydrated onions OR		1/4 cup 2 tsp	2 oz	1/2 cup 1 Tbsp	2. Add onions, garlic powder, pepper, tomato paste, water, and seasoning. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP Heat to 155 degrees F for at least 15 seconds.
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 2/3 cups	
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Black pepper		2 tsp		1 Tbsp 1 tsp	
Tomato paste	14 oz	1 1/2 cups	1 lb 12 oz	1/4 No. 10 can	
Water		1 qt		2 qt	
#Chili powder		2 Tbsp		1/4 cup	
#Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
#Paprika		1 1/2 tsp		1 Tbsp	
#Onion powder		1 1/2 tsp		1 Tbsp	
Cheddar cheese, shredded	1 lb 10 oz	1 qt 3 1/2 cups	3 lb 4 oz	3 3/4 qt	3. For topping: Set cheese aside for step 4. Combine tomatoes and lettuce. Toss lightly. Set mixture aside for step 4.
*Tomatoes, chopped	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 1/4 cups	
*Lettuce, shredded	2 lb 2 oz	1 gal 1 cup	4 lb 4 oz	2 gal	
Taco shells (at least .35 oz each)		100		200	4. CCP Hold for hot service at 140 degrees F or higher. Serving suggestions (2 tacos per serving) A. Before serving or on serving line, fill each taco shell with 2 Tbsp meat mixture. On each student tray, serve 2 tacos, No. 10 scoop (3/8 cup) lettuce and tomato mixture, and 1/2 oz (2 Tbsp 1 tsp) shredded cheese. OR B.1. Preportion No. 10 scoop (3/8 cup) lettuce and tomatoes mixture and 1/2 oz (2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until service.

Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-13

B.2. Transfer meat mixture and taco shells to steam table pans. On each student tray, serve 2 unfilled taco shells, No. 16 scoop (1/4 cup) meat mixture, 1 preportioned soufflé cup of lettuce and tomato mixture, and 1 preportioned soufflé cup of shredded cheese. Instruct students to "build" their own tacos.

Comments:

*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/4 cup 1 1/2 tsp Mexican Seasoning Mix. For 100 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix.

Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	5 3/4 oz	11 1/2 oz
Tomatoes	1 lb 4 1/2 oz	2 lb 9 oz
Head lettuce	2 lb 13 oz	5 lb 10 oz

SERVING:

2 tacos provide the equivalent of 2 oz of cooked lean meat, 1/2 cup of vegetable, and 1 serving of bread alternate

YIELD:

50 Servings: 100 tacos

100 Servings: 200 tacos

VOLUME:

50 Servings:

100 Servings:

Nutrients Per Serving

Calories	289	Saturated Fat		Iron	3.1mg
Protein	17g	Cholesterol	52mg	Calcium	160mg
Carbohydrate	17g	Vitamin A	104 RE/768 IU	Sodium	172mg
Total Fat	17g	Vitamin C	6.5mg	Dietary Fiber	
Thiamin	.27mg	Riboflavin	.32mg	Niacin	4.27mg
Phosphorus	216mg	Potassium	358mg		

Bean Taco

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-13A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Dry pinto beans, cooked (see preparation note) OR	7 lb 2 oz	1 gal 3 cups	14 lb 4 oz	2 1/4 gal	1. Use either cooked dry pinto beans or canned drained pinto beans. Puree beans to a smooth consistency.
Pinto beans, drained		1 3/4 No. 10 cans		3 1/2 No. 10 cans	
Dehydrated onions OR		1/4 cup 2 tsp	2 oz	1/2 cup 1 Tbsp	2. Add onions, garlic powder, pepper, tomato paste, water, and seasoning. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP Heat to 165 degrees F for at least 15 seconds.
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 2/3 cups	
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Black pepper		2 tsp		1 Tbsp 1 tsp	
Tomato paste	14 oz	1 1/2 cups	1 lb 12 oz	1/4 No. 10 can	
Water		1 qt		2 qt	
#Chili powder		2 Tbsp		1/4 cup	
#Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
#Paprika		1 1/2 tsp		1 Tbsp	
#Onion powder		1 1/2 tsp		1 Tbsp	
Cheddar cheese, shredded	1 lb 10 oz	1 qt 3 1/2 cups	3 lb 4 oz	3 3/4 qt	3. For topping: Set cheese aside for step 4. Combine tomatoes and lettuce. Toss lightly. Set mixture aside for step 4.
*Tomatoes, chopped	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 1/4 cups	
*Lettuce, shredded	2 lb 2 oz	1 gal 1 cup	4 lb 4 oz	2 gal	
Taco shells (at least .35 oz each)		100		200	4. CCP Hold for hot service at 140 degrees F or higher. Serving suggestions (2 tacos per serving)
					A. Before serving or on serving line, fill each taco shell with 2 Tbsp bean mixture. On each student tray, serve 2 tacos, No. 10 scoop (3/8 cup) lettuce and tomato mixture, and 1/2 oz (2 Tbsp 1 tsp) shredded cheese. OR
					B.1. Preportion No. 10 scoop (3/8 cup) lettuce and tomatoes mixture and 1/2 oz (2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until service.

Bean Taco

	B.2. Transfer bean mixture and taco shells to steam table pans. On each student tray, serve 2 unfilled taco shells, No. 16 scoop (1/4 cup) meat mixture, 1 preportioned soufflé cup of lettuce and tomato mixture, and 1 preportioned soufflé cup of shredded cheese. Instruct students to "build" their own tacos.
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Comments:
*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/4 cup 1 1/2 tsp Mexican Seasoning Mix. For 100 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	5 3/4 oz	11 1/2 oz
Tomatoes	1 lb 4 1/2 oz	2 lb 9 oz
Head lettuce	2 lb 13 oz	5 lb 10 oz
Pinto Beans, dry	3 lb	6 lb

SERVING:	YIELD:	VOLUME:
2 tacos provide the equivalent of 2 oz of cooked lean meat, 1/2 cup of vegetable, and 1 serving of bread alternate	50 Servings: 100 tacos 100 Servings: 200 tacos	50 Servings: 100 Servings:

PREPARATION NOTE:
SOAKING BEANS

Overnight method: Add 1 3/4 qt cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1 3/4 qt water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP Hold for hot service at 140 degrees F.

Or, chill for later use. If chilling:
CCP Cool to 70 degrees F within 2 hours and to 41 degrees F within an additional 4 hours.

Bean Taco

Meat/Meat Alternate-Vegetable-Bread Alternate	Main Dishes	D-13A
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1 lb dry beans=about 2 1/2 cups dry or 6 1/4 cups cooked beans.

Beef or Pork Taco (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-13B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned beef, undrained OR	9 lb 4 oz	5 1/8 No. 2 1/2 cans	18 lb 8 oz	10 1/4 No. 2 1/2 cans	1. Remove fat from undrained canned beef or undrained canned pork.
Canned pork, undrained	9 lb 4 oz	5 1/8 No. 2 1/2 cans	18 lb 8 oz	10 1/4 No. 2 1/2 cans	
Dehydrated onions OR		1/4 cup 2 tsp	2 oz	1/2 cup 1 Tbsp	2. Add onions, garlic powder, pepper, tomato paste, water, and seasoning. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP Heat to 140 degrees F for at least 15 seconds.
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 2/3 cups	
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Black pepper		2 tsp		1 Tbsp 1 tsp	
Tomato paste	14 oz	1 1/2 cups	1 lb 12 oz	1/4 No. 10 can	
Water		2 cups		1 qt	
#Chili powder		3 Tbsp		1/4 cup 2 Tbsp	
#Ground cumin		2 Tbsp		1/4 cup	
#Paprika		1 Tbsp		2 Tbsp	
#Onion powder		1 Tbsp		2 Tbsp	
Cheddar cheese, shredded	1 lb 10 oz	1 qt 3 1/2 cups	3 lb 4 oz	3 3/4 qt	3. For topping: Set cheese aside for step 4. Combine tomatoes and lettuce. Toss lightly. Set mixture aside for step 4.
*Tomatoes, chopped	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 1/4 cups	
*Lettuce, shredded	2 lb 2 oz	1 gal 1 cup	4 lb 4 oz	2 gal	
Taco shells (at least .35 oz each)		100		200	4. CCP Hold for hot service at 140 degrees F or higher. Serving suggestions (2 tacos per serving)
					A. Before serving or on serving line, fill taco shells with 1/3 cup (No. 12 scoop) meat mixture per 2 taco shells. On each student tray, serve 2 tacos, No. 10 scoop (3/8 cup) lettuce and tomato mixture, and 1/2 oz (2 Tbsp 1 tsp) shredded cheese. OR
					B.1. Preportion No. 10 scoop (3/8 cup) lettuce and tomatoes mixture and 1/2 oz (2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until service.

Beef or Pork Taco (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Bread Alternate	Main Dishes	D-13B
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	B.2. Transfer meat mixture and taco shells to steam table pans. On each student tray, serve 2 unfilled taco shells, No. 12 scoop (1/3 cup) meat mixture, 1 preportioned soufflé cup of lettuce and tomato mixture, and 1 preportioned soufflé cup of shredded cheese. Instruct students to "build" their own tacos.
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Comments:
*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/4 cup 3 Tbsp Mexican Seasoning Mix. For 100 servings, use 3/4 cup 2 Tbsp Mexican Seasoning Mix.

SERVING:	YIELD:	VOLUME:
2 tacos provide the equivalent of 2 oz of cooked lean meat, 1/2 cup of vegetable, and 1 serving of bread alternate	50 Servings: 100 tacos 100 Servings: 200 tacos	50 Servings: 100 Servings:

Chicken or Turkey Taco

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-13C

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cooked chicken, chopped OR	4 lb 12 oz	3 3/4 qt	9 lb 8 oz	1 gal 3 1/2 qt	1. Use either cooked chopped chicken or cooked chopped turkey.
Cooked turkey, chopped	4 lb 12 oz	3 3/4 qt	9 lb 8 oz	1 gal 3 1/2 qt	
Dehydrated onions OR		1/4 cup 2 tsp	2 oz	1/2 cup 1 Tbsp	2. Add onions, garlic powder, pepper, tomato paste, water, and seasoning. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically. CCP Heat to 165 degrees F for 15 seconds.
*Fresh onions, chopped	5 oz	3/4 cup 2 Tbsp	10 oz	1 2/3 cups	
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Black pepper		2 tsp		1 Tbsp 1 tsp	
Tomato paste	14 oz	1 1/2 cups	1 lb 12 oz	1/4 No. 10 can	
Water		1 1/2 qt		3 qt	
#Chili powder		2 Tbsp		1/4 cup	
#Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
#Paprika		1 1/2 tsp		1 Tbsp	
#Onion powder		1 1/2 tsp		1 Tbsp	
Cheddar cheese, shredded	1 lb 10 oz	1 qt 3 1/2 cups	3 lb 4 oz	3 3/4 qt	3. For topping: Set cheese aside for step 4. Combine tomatoes and lettuce. Toss lightly. Set mixture aside for step 4.
*Tomatoes, chopped	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 1/4 cups	
*Lettuce, shredded	2 lb 2 oz	1 gal 1 cup	4 lb 4 oz	2 gal	
Taco shells (at least .35 oz each)		100		200	4. CCP Hold for hot service at 140 degrees F or higher. Serving suggestions (2 tacos per serving) A. Before serving or on serving line, fill each taco shell with 2 Tbsp meat mixture. On each student tray, serve 2 tacos, No. 10 scoop (3/8 cup) lettuce and tomato mixture, and 1/2 oz (2 Tbsp 1 tsp) shredded cheese. OR B.1. Preportion No. 10 scoop (3/8 cup) lettuce and tomatoes mixture and 1/2 oz (2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until service.

Chicken or Turkey Taco

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-13C

	B.2. Transfer meat mixture and taco shells to steam table pans. On each student tray, serve 2 unfilled taco shells, No. 16 scoop (1/4 cup) meat mixture, 1 preportioned soufflé cup of lettuce and tomato mixture, and 1 preportioned soufflé cup of shredded cheese. Instruct students to "build" their own tacos.
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Comments:
*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/4 cup 1 1/2 tsp Mexican Seasoning Mix. For 100 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Chicken, whole, without neck and giblets OR	13 lb 4 oz	26 lb 8 oz
Turkey, whole, without neck and giblets	10 lb 2 oz	20 lb 4 oz
Mature onions	5 3/4 oz	11 1/2 oz
Tomatoes	1 lb 4 1/2 oz	2 lb 9 oz
Head lettuce	2 lb 13 oz	5 lb 10 oz

SERVING:	YIELD:	VOLUME:
2 tacos provide the equivalent of 2 oz of cooked lean meat, 1/2 cup of vegetable, and 1 serving of bread alternate	50 Servings: 100 tacos 100 Servings: 200 tacos	50 Servings: 100 Servings:

Beef Stew

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Boneless beef, 1-inch cubes	11 lb 10 oz		23 lb 4 oz		1. Trim all visible fat from beef cubes.
Vegetable oil		1/2 cup		1 cup	2. Brown beef cubes in oil. Drain.
*Fresh onions, quartered OR	1 lb	2 3/4 cups	2 lb	1 qt 1 1/4 cups	3. Add onions, flour, garlic powder, paprika, pepper, and thyme.
Dehydrated onions	2 oz	1/2 cup 1 Tbsp	4 oz	1 cup 2 Tbsp	
All-purpose flour	12 oz	2 3/4 cups	1 lb 8 oz	1 qt 1 1/2 cups	
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Black pepper		1 1/2 tsp		1 Tbsp	
Flaked thyme		1 tsp		2 tsp	
Water or beef stock		1 1/2 gal		3 gal	4. Add water or stock. Bring to boil. Reduce heat and cover. Simmer for approximately 1 1/2 hours, or until meat is tender.
Canned sliced carrots, drained	2 lb 11 oz	2 qt	5 lb 5 oz	1 1/4 No. 10 cans	5. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.
					CCP Heat to 165 degrees F or higher at least 15 seconds.
Canned small whole potatoes, drained	3 lb 6 oz	3/4 No. 10 can	6 lb 12 oz	1 1/2 No. 10 cans	
Canned green peas, drained	3 lb 4 oz	3/4 No. 10 can	6 lb 8 oz	1 1/2 No. 10 cans	
					6. Pour into serving pans.
					CCP Hold for hot service at 140 degrees F or higher.
					7. Portion with 8-oz ladle (1 cup).

Comments:
*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	1 lb 2 1/2 oz	2 lb 4 1/2 oz

SERVING:	YIELD:	VOLUME:
1 cup (8-oz ladle) provides 2 oz of cooked lean meat and 1/2 cup of vegetable	50 Servings: about 3 1/4 gal 100 Servings: about 6 1/2 gal	50 Servings: 100 Servings:

Beef Stew

Meat-Vegetable

Main Dishes

D-14

Nutrients Per Serving			
Calories	207	Saturated Fat	
Protein	21g	Cholesterol	54mg
Carbohydrate	15g	Vitamin A	359 RE/3,421 IU
Total Fat	7g	Vitamin C	4.7mg
Thiamin	.13mg	Riboflavin	.14mg
Phosphorus	133mg	Potassium	335mg
		Iron	3.4mg
		Calcium	26mg
		Sodium	234mg
		Dietary Fiber	
		Niacin	3.56mg

Beef Tamale Pie

Meat/Meat Alternate-Vegetable-Bread

Main Dishes

D-15

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	6 lb 7 oz		12 lb 14 oz		1. Brown ground beef. Drain.
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	2. Add onions, garlic powder, pepper, tomato paste, tomatoes, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 20-25 minutes. CCP Heat to 155 degrees F for at least 15 seconds. Ground beef mixture may be prepared ahead and refrigerated over night. If prepared in advance: CCP Cool to 70 degrees F within 2 hours and from 70 degrees F to 41 degrees F or lower within an additional 4 hours.
*Fresh onions, chopped	14 oz	2 1/4 cup	1 lb 12 oz	1 qt 3/4 cup	
Garlic powder		2 Tbsp		1/4 cup	
Black pepper		1 1/2 tsp		1 Tbsp	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	
Canned tomatoes, with liquid, chopped	3 lb 3 oz	1/2 No. 10 can	6 lb 6 oz	1 No. 10 can	
Water		1 1/4 qt		2 1/2 qt	
#Chili powder		1/4 cup		1/2 cup	
#Ground cumin		3 Tbsp		1/4 cup 2 Tbsp	
#Paprika		1 Tbsp		2 Tbsp	
#Onion powder		1 Tbsp		2 Tbsp	3. Pour 5 lb 8 oz (2 1/2 qt) mixture into each steam table pan (12" x20" x2 1/2"). For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans. Set aside for step 6.
All-purpose flour	1 lb	3 1/2 cups	2 lb	1 qt 3 1/4 cups	4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt for 1 minute in mixer on low speed.
Cornmeal	1 lb	3 cups	2 lb	1 1/2 qt	
Sugar	3 1/2 oz	1/2 cup	7 oz	1 cup	
Baking powder		2 Tbsp 2 tsp	2 oz	1/4 cup 1 Tbsp	
Salt		3/4 tsp		1 1/2 tsp	

Beef Tamale Pie

Meat/Meat Alternate-Vegetable-Bread	Main Dishes	D-15
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Large eggs (see Special Tip)	5 1/4 oz	3	10 1/2 oz	6	5. Mix eggs, milk, and oil. Add to dry ingredients. Blend on medium speed only until dry ingredients are moistened, 2-3 minutes. Batter will be lumpy.
Reconstituted nonfat dry milk		3 3/4 cups		1 qt 3 1/2 cups	
Vegetable oil		1/2 cup		1 cup	
					6. Pour 2 lb 5 oz (1 qt 1/2 cup) batter over meat mixture in each pan and spread into corners of pan. 7. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 400 degrees F (approx. 30-35 minutes) Convection Oven: 350 degrees F (approx. 25-30 minutes) CCP Hold for hot service at 140 degrees F or higher.
Cheddar cheese, shredded	1 lb 10 oz	1 qt 3 1/2 cups	3 lb 4 oz	3 3/4 qt	8. Sprinkle 13 oz (3 3/4 cups) cheese over cornbread in each pan.
					9. Cut each pan 5 x5 (25 portions per pan).
					10. If desired, serve with taco sauce.

Comments:
*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Mexican Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	1 lb	2 lb

SERVING:	YIELD:	VOLUME:
1 portion provides the equivalent of 2 oz of cooked lean meat, 3/8 cup of vegetable, and 1 serving of bread	50 Servings: 2 steamtable pans 100 Servings: 4 steamtable pans	50 Servings: 100 Servings:

Special Tip:
50 servings: Use 1 1/2 oz (1/2 cup) dried whole eggs and 1/2 cup water in place of shell eggs.

100 servings: Use 3 oz (1 cup) dried whole eggs and 1 cup water in place of shell eggs.

Beef Tamale Pie

Nutrients Per Serving			
Calories	319	Saturated Fat	Iron2.7mg
Protein	18g	Cholesterol69mg	Calcium169mg
Carbohydrate	23g	Vitamin A136 RE/1044 IU	Sodium302mg
Total Fat	17g	Vitamin C11.7mg	Dietary Fiber
Thiamin	.18mg	Riboflavin.29mg	Niacin3.87mg
Phosphorus	239mg	Potassium458mg	

Beef and Bean Tamale Pie

Meat/Meat Alternate-Vegetable-Bread

Main Dishes

D-15A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	3 lb 4 oz		6 lb 7 oz		1. Brown ground beef. Drain.
Pinto beans, drained, coarsely chopped OR	5 lb 13 oz	1 No. 10 can	11 lb 10 oz	2 No. 10 cans	2. Add pinto beans, onions, garlic powder, pepper, tomato paste, tomatoes, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 20-25 minutes. CCP Heat to 155 degrees F or higher for at least 15 seconds. Ground beef/bean mixture may be prepared ahead and refrigerated over night. If prepared in advance: CCP Cool to 70 degrees F within 2 hours and from 70 degrees F to 41 degrees F or lower within an additional 4 hours.
*Dry pinto beans, cooked, coarsely chopped (see preparation note)	3 lb 8 oz	2 qt 1 1/2 cups	7 lb	1 gal 3 cups	
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	
Garlic powder		2 Tbsp		1/4 cup	
Black pepper		1 1/2 tsp		1 Tbsp	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	
Canned tomatoes, with liquid, chopped	3 lb 3 oz	1/2 No. 10 can	6 lb 6 oz	1 No. 10 can	
Water		1 1/4 qt		2 1/2 qt	
#Chili powder		1/4 cup		1/2 cup	
#Ground cumin		3 Tbsp		1/4 cup 2 Tbsp	
#Paprika		1 Tbsp		2 Tbsp	
#Onion powder		1 Tbsp		2 Tbsp	
					3. Pour 5 lb 8 oz (2 1/2 qt) mixture into each steam table pan (12" x20" x2 1/2"). For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans. Set aside for step 6.
*Fresh onions, chopped	14 oz	2 1/4 cup	1 lb 12 oz	1 qt 3/4 cup	

Beef and Bean Tamale Pie

Meat/Meat Alternate-Vegetable-Bread

Main Dishes

D-15A

All-purpose flour	1 lb	3 1/2 cups	2 lb	1 qt 3 1/4 cups	4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt for 1 minute in mixer on low speed.
Cornmeal	1 lb	3 cups	2 lb	1 1/2 qt	
Sugar	3 1/2 oz	1/2 cup	7 oz	1 cup	
Baking powder		2 Tbsp 2 tsp	2 oz	1/4 cup 1 Tbsp	
Salt		3/4 tsp		1 1/2 tsp	
Large eggs (see Special Tip)	5 1/4 oz	3	10 1/2 oz	6	5. Mix eggs, milk, and oil. Add to dry ingredients. Blend on medium speed only until dry ingredients are moistened, 2-3 minutes. Batter will be lumpy.
Reconstituted nonfat dry milk		3 3/4 cups		1 qt 3 1/2 cups	
Vegetable oil		1/2 cup		1 cup	
					6. Pour 2 lb 5 oz (1 qt 1/2 cup) batter over meat mixture in each pan and spread into corners of pan.
					7. CCP Heat to 165 degrees F or higher for at least 15 seconds.
					Conventional Oven: 400 degrees F (approx. 30-35 minutes) Convection Oven: 350 degrees F (approx. 25-30 minutes)
					CCP Hold for hot service at 140 degrees F or higher.
Cheddar cheese, shredded	1 lb 10 oz	1 qt 3 1/2 cups	3 lb 4 oz	3 3/4 qt	8. Sprinkle 13 oz (3 3/4 cups) cheese over cornbread in each pan.
					9. Cut each pan 5 x5 (25 portions per pan).
					10. If desired, serve with taco sauce.

Comments:

*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Mexican Seasoning Mix.

Marketing Guide

Food as Purchased

For 50 Svgs

For 100 Svg

Mature onions

1 lb

2 lb

Dry pinto beans

1 lb 8 oz

3 lb

SERVING:

YIELD:

VOLUME:

1 portion provides the equivalent of 2 oz of cooked lean meat, 3/8 cup of vegetable, and 1 serving of bread

50 Servings: 2 steamtable pans

100 Servings: 4 steamtable pans

50 Servings:

100 Servings:

Beef and Bean Tamale Pie

Meat/Meat Alternate-Vegetable-Bread	Main Dishes	D-15A
<p>PREPARATION NOTE: SOAKING BEANS</p> <p>Overnight method: Add 1 3/4 qt cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator.</p> <p>Quick-soak method: Boil 1 3/4 qt water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.</p> <p>COOKING BEANS</p> <p>Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.</p> <p>Use hot beans immediately or, CCP Hold for hot service at 140 degrees F.</p> <p>Or, chill for later use. If chilling: CCP Cool to 70 degrees F within 2 hours and to 41 degrees F within an additional 4 hours.</p> <p>1 lb dry beans=about 2 1/2 cups dry or 6 1/4 cups cooked beans.</p> <p>Special Tip: 50 servings: Use 1 1/2 oz (1/2 cup) dried whole eggs and 1/2 cup water in place of shell eggs.</p> <p>100 servings: Use 3 oz (1 cup) dried whole eggs and 1 cup water in place of shell eggs.</p>		

Chicken or Turkey Tamale Pie

Meat/Meat Alternate-Vegetable-Bread

Main Dishes

D-15B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked chicken, chopped OR	4 lb 12 oz	3 3/4 qt	9 lb 8 oz	1 gal 3 1/2 qt	1. Use either cooked chopped chicken or cooked chopped turkey.
*Cooked turkey, chopped	4 lb 12 oz	3 3/4 qt	9 lb 8 oz	1 gal 3 1/2 qt	
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	2. Add onions, garlic powder, pepper, tomato paste, tomatoes, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 20-25 minutes. CCP Heat to 165 degrees F or higher for at least 15 seconds. Poultry mixture may be prepared ahead and refrigerated over night. If prepared in advance: CCP Cool to 70 degrees F within 2 hours and from 70 degrees F to 41 degrees F or lower within an additional 4 hours.
*Fresh onions, chopped	14 oz	2 1/4 cup	1 lb 12 oz	1 qt 3/4 cup	
Garlic powder		2 Tbsp		1/4 cup	
Black pepper		1 1/2 tsp		1 Tbsp	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	3. Pour 5 lb 8 oz (2 1/2 qt) mixture into each steam table pan (12" x20" x2 1/2"). For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans. Set aside for step 6. 4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt for 1 minute in mixer on low speed.
Canned tomatoes, with liquid, chopped	3 lb 3 oz	1/2 No. 10 can	6 lb 6 oz	1 No. 10 can	
Water		1 1/4 qt		2 1/2 qt	
#Chili powder		1/4 cup		1/2 cup	
#Ground cumin		3 Tbsp		1/4 cup 2 Tbsp	
#Paprika		1 Tbsp		2 Tbsp	
#Onion powder		1 Tbsp		2 Tbsp	
All-purpose flour	1 lb	3 1/2 cups	2 lb	1 qt 3 1/4 cups	
Cornmeal	1 lb	3 cups	2 lb	1 1/2 qt	
Sugar	3 1/2 oz	1/2 cup	7 oz	1 cup	

Chicken or Turkey Tamale Pie

Meat/Meat Alternate-Vegetable-Bread

Main Dishes

D-15B

Baking powder	2 Tbsp 2 tsp	2 oz	1/4 cup 1 Tbsp	
Salt	3/4 tsp		1 1/2 tsp	
Large eggs (see Special Tip)	5 1/4 oz	3	10 1/2 oz	6
5. Mix eggs, milk, and oil. Add to dry ingredients. Blend on medium speed only until dry ingredients are moistened, 2-3 minutes. Batter will be lumpy.				
Reconstituted nonfat dry milk	3 3/4 cups		1 qt 3 1/2 cups	
Vegetable oil	1/2 cup		1 cup	
6. Pour 2 lb 5 oz (1 qt 1/2 cup) batter over meat mixture in each pan and spread into corners of pan.				
7. CCP Heat to 165 degrees F for at least 15 seconds.				
Conventional Oven: 400 degrees F (approx. 30-35 minutes) Convection Oven: 350 degrees F (approx. 25-30 minutes)				
CCP Hold for hot service at 140 degrees F or higher.				
Cheddar cheese, shredded	1 lb 10 oz	1 qt 3 1/2 cups	3 lb 4 oz	3 3/4 qt
8. Sprinkle 13 oz (3 3/4 cups) cheese over cornbread in each pan.				
9. Cut each pan 5 x5 (25 portions per pan).				
10. If desired, serve with taco sauce.				

Comments:
*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Mexican Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	1 lb	2 lb
Chicken, whole, without neck and giblets OR	13 lb 4 oz	26 lb 8 oz
Turkey, whole, without neck and giblets OR	10 lb 2 oz	20 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 portion provides the equivalent of 2 oz of cooked lean meat, 3/8 cup of vegetable, and 1 serving of bread	50 Servings: 2 steamtable pans 100 Servings: 4 steamtable pans	50 Servings: 100 Servings:

Chicken or Turkey Tamale Pie

Meat/Meat Alternate-Vegetable-Bread	Main Dishes	D-15B
	<p>Special Tip: 50 servings: Use 1 1/2 oz (1/2 cup) dried whole eggs and 1/2 cup water in place of shell eggs.</p> <p>100 servings: Use 3 oz (1 cup) dried whole eggs and 1 cup water in place of shell eggs.</p>	

Chicken or Turkey a la King

Meat-Vegetable

Main Dishes

D-16

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Butter or margarine	7 oz	3/4 cup 1 Tbsp	14 oz	1 1/2 cups 2 Tbsp	1. Melt butter or margarine. Add flour and stir until smooth.
All-purpose flour	10 oz	2 1/4 cups	1 b 4 oz	1 qt 1/2 cup	
Chicken or turkey stock		1 gal		2 gal	2. Add stock, milk, poultry seasoning, pepper, and onion powder. Stir until well blended.
Reconstituted nonfat dry milk		2 qt		1 gal	
Poultry seasoning		1 1/2 tsp		1 Tbsp	
Black or white pepper		1 1/2 tsp		1 Tbsp	
Onion powder		1/4 cup		1/2 cup	3. Bring to boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes.
*Cooked chicken or turkey, chopped	6 lb 6 oz	1 1/4 gal	12 lb 12 oz	2 1/2 gal	4. Add chicken or turkey, peas, and pimientos. Cook over medium heat for 3-5 minutes or until heated through. CCP Heat to 165 degrees F or higher for at least 15 seconds.
Canned green peas, drained OR	2 lb 6 1/2 oz	1 qt 2 1/2 cups	4 lb 14 oz	3 1/4 qt	
Frozen green peas	2 lb 6 oz	1 qt 3 3/4 cups	4 lb 12 oz	3 qt 3 1/2 cups	
Pimientos, chopped, drained	3 3/4 oz	1/2 cup	7 1/2 oz	1 cup	5. Pour into serving pans. CCP Hold for hot service at 140 degrees F or higher.
					6. Portion with 6-oz ladle (3/4 cup) over cooked rice, noodles, or a biscuit.

Comments:

*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Chicken, whole, without neck and giblets OR	17 lb 12 oz	35 lb 8 oz
Turkey, whole, without neck and giblets OR	13 lb 10 oz	27 lb 4 oz

Chicken or Turkey a la King

Meat-Vegetable

Main Dishes

D-16

SERVING:	YIELD:	VOLUME:
3/4 cup (6-oz ladle) provides 2 ounces of cooked poultry and 1/8 cup of vegetable	50 Servings: about 2 1/2 gal 100 Servings: about 4 3/4 gal	50 Servings: 100 Servings:

Nutrients Per Serving			
Calories	189	Saturated Fat	Iron 1.1mg
Protein	19g	Cholesterol 58mg	Calcium 69mg
Carbohydrate	10g	Vitamin A 61 RE/362 IU	Sodium 618mg
Total Fat	8g	Vitamin C 3.4mg	Dietary Fiber
Thiamin	.10mg	Riboflavin .17mg	Niacin 4.04mg
Phosphorus	150mg	Potassium 232mg	

Chicken or Turkey and Noodles

Meat-Bread Alternate

Main Dishes

D-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock		2 gal		4 gal	1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered, for 6 minutes. DO NOT DRAIN.
Noodles	2 lb 8 oz	1 gal 3 1/2 qt	5 lb	3 3/4 gal	
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	
*Fresh onions, chopped	14 oz	2 1/4 cups	1 lb 12 oz	1 qt 3/4 cup	2. Melt butter or margarine. Add flour and stir until smooth.
*Carrots, shredded (optional)	8 oz	2 cups	1 lb	1 qt 1/4 cup	
Butter or margarine	4 oz	1/2 cup	8 oz	1 cup	
All-purpose flour	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups	3. Add flour mixture, milk, pepper, marjoram (optional), parsley flakes (optional), and chicken or turkey to noodles. Stir gently to combine.
Reconstituted nonfat dry milk		1 1/2 qt		3 qt	
Black or white pepper		1 1/2 tsp		1 Tbsp	
Flaked marjoram (optional)		1 1/2 tsp		1 Tbsp	4. CCP Heat to 165 degrees F or higher for at least 15 seconds. Stir occasionally until thickened.
Parsley flakes (optional)		1/2 cup		1 cup	
*Cooked chicken or turkey, chopped	6 lb 6 oz	1 1/4 gal	12 lb 12 oz	2 1/2 gal	
					5. Pour into serving pans.
					CCP Hold for hot service at 140 degrees F or higher.
					6. Portion with 8-oz ladle (1 cup).

Comments:

*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	1 lb	2 lb
Carrots	11 1/2 oz	1 lb 7 oz
Chicken, whole, without neck and giblets OR	17 lb 12 oz	35 lb 8 oz

Chicken or Turkey and Noodles

Turkey, whole, without neck and giblets OR	13 lb 10 oz	27 lb 4 oz
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SERVING:	YIELD:	VOLUME:
1 cup (8-oz ladle) provides 2 oz of cooked poultry and 1 serving of bread alternate	50 Servings: about 3 gal	50 Servings:
	100 Servings: about 6 1/4 gal	100 Servings:

Nutrients Per Serving			
Calories	234	Saturated Fat	Iron 1.4mg
Protein	21g	Cholesterol 73mg	Calcium 65mg
Carbohydrate	20g	Vitamin A 39 RE/144 IU	Sodium 1026mg
Total Fat	7g	Vitamin C .7mg	Dietary Fiber
Thiamin	.12mg	Riboflavin .17mg	Niacin 4.56mg
Phosphorus	166mg	Potassium 220mg	

Chicken or Turkey Chop Suey

Meat-Vegetable

Main Dishes

D-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock		1 1/4 gal		2 1/2 gal	1. Combine stock, soy sauce, pepper, and garlic powder. Bring to boil. Add celery and onions. Reduce heat and simmer for 10-12 minutes.
Soy sauce		1 cup		2 cups	
Black or white pepper		1 tsp		2 tsp	
Garlic powder		1 tsp		2 tsp	
*Celery, cut into strips	2 lb 5 oz	2 qt 1/2 cup	4 lb 10 oz	1 gal 1 cup	2. Combine cornstarch and water. Mix until smooth.
*Fresh onions, chopped OR	1 lb	2 2/3 cups	2 lb	1 qt 1 1/4 cups	
Dehydrated onions	2 oz	1/2 cup 1 Tbsp	4 oz	1 cup 2 Tbsp	
Cornstarch	8 3/4 oz	2 cups	1 lb 1 1/2 oz	1 qt	
Water		1 1/2 cups		3 cups	3. Add to stock mixture. Stir well and cook over medium heat until thickened, 6-8 minutes. 4. Add chicken or turkey. Cook over medium heat for 3-5 minutes or until heated through. CCP Heat to 165 degrees F or higher for at least 15 seconds. Add bean sprouts. Stir gently to combine.
*Cooked chicken or turkey, diced	6 lb 6 oz	1 gal 1 1/2 qt	12 lb 12 oz	2 3/4 gal	
Canned bean sprouts, drained	1 lb 10 1/2 oz	1/2 No. 10 can	3 lb 5 oz	1 No. 10 can	
					5. Pour into serving pans.
					CCP Hold for hot service at 140 degrees F or higher.
					6. Serve with 6-oz ladle (3/4 cup) over cooked rice.

Comments:

*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Celery	2 lb 13 oz	5 lb 10 oz
Mature onions	1 lb 2 1/2 oz	2 lb 4 1/2 oz
Chicken, whole, without neck and giblets OR	17 lb 12 oz	35 lb 8 oz

Chicken or Turkey Chop Suey

Turkey, whole, without neck and giblets OR	13 lb 10 oz	27 lb 4 oz
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SERVING:	YIELD:	VOLUME:
3/4 cup (6-oz ladle) provides 2 ounces of cooked poultry and 1/4 cup vegetable	50 Servings: about 2 1/2 gal	50 Servings:
	100 Servings: about 5 gal	100 Servings:

Variation:
A) Chicken or Turkey Chow Mein

50 and 100 servings: Follow steps 1-5. In step 6, serve with 6-ounce ladle (3/4 cup) over chow mein noodles.

Nutrients Per Serving					
Calories	141	Saturated Fat		Iron	1.2mg
Protein	17g	Cholesterol	48mg	Calcium	30mg
Carbohydrate	7g	Vitamin A	11 RE/59 IU	Sodium	1096mg
Total Fat	4g	Vitamin C	1.5mg	Dietary Fiber	
Thiamin	.04mg	Riboflavin	.10mg	Niacin	3.70mg
Phosphorus	110mg	Potassium	206mg		

Chicken or Turkey Pot Pie

Meat-Vegetable-Bread

Main Dishes

D-19

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	2 lb	1 qt 3 1/4 cups	4 lb	3 qt 2 1/2 cups	1. For pastry topping: Combine flour and salt. Mix in shortening until size of small peas.
Salt		1 1/2 tsp		1 Tbsp	
Shortening	1 lb 2 oz	2 3/4 cups	2 lb 4 oz	1 qt 1 1/2 cups	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 9.
Water, cold		1 cup		2 cups	
*Cooked chicken or turkey, diced	6 lb 6 oz	1 gal 1 1/2 qt	12 lb 12 oz	2 3/4 gal	3. For filling: Place 3 lb 3 oz (2 3/4 qt) chicken or turkey into each steam table pan (12" x20" x2 1/2"). For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans.
Canned mixed vegetables, drained OR	3 lb 5 oz	3/4 No. 10 can	6 lb 9 oz	1 1/2 No. 10 cans OR	4. Add mixed vegetables to each pan. For canned mixed vegetables, add 1 lb 10 oz (1 qt 1/2 cup) per pan. For frozen mixed vegetables, add 1 lb 14 oz (1 qt 3/4 cup) per pan.
Frozen mixed vegetables	3 lb 12 oz	2 qt 1 1/2 cups	7 lb 8 oz	1 gal 3 cups	
Butter or margarine	8 oz	1 cup	1 lb	2 cups	5. Melt butter or margarine. Add celery and onion. Cook over medium heat for 5-10 minutes.
*Celery, chopped	1 lb 4 oz	1 qt 3/4 cup	2 lb 8 oz	2 qt 1 1/2 cups	
Dehydrated onions OR	3 1/2 oz	1 cup	7 oz	2 cups	
*Fresh onions, chopped	1 lb 4 oz	3 1/4 cups	2 lb 8 oz	1 qt 2 3/4 cups	
All-purpose flour	10 oz	2 1/4 cups	1 lb 4 oz	1 qt 1/2 cup	6. Blend in flour. Cook over medium heat, stirring constantly until golden brown, 6-8 minutes.
Chicken or turkey stock		3 3/4 qt		1 gal 3 1/2 qt	7. Slowly stir in stock, pepper, and poultry seasoning. Blend well and cook over medium heat, stirring frequently until slightly thickened, 10-15 minutes.
Black or white pepper		1 1/2 tsp		1 Tbsp	
Poultry seasoning		1 1/2 tsp		1 Tbsp	
					8. Pour approximately 2 1/4 qt gravy mixture over chicken or turkey and vegetables in each pan. Gravy mixture will thicken in step 12. Stir carefully to combine.
					9. Roll out pastry dough into rectangles (about 12" x20") on lightly floured surface. Use 1 lb 13 oz of dough for each pan.
					10. Cover chicken or turkey mixture with pastry. Brush with pastry brush dipped in water. Cut slits in pastry.

Chicken or Turkey Pot Pie

Meat-Vegetable-Bread

Main Dishes

D-19

	11. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 450 degrees F (approx. 30-35 minutes) Convection Oven: 400 degrees F (approx. 20-25 minutes)
	12. Hold for 30 minutes at 180-190 degrees F to allow sufficient time for mixture to thicken.
	13. Cut each pan 5 x5 (25 portions per pan). CCP Hold for hot service at 140 degrees F or higher.

Comments:

*See Marketing Guide.

Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Chicken, whole, without neck and giblets OR	17 lb 12 oz	35 lb 8 oz
Turkey, whole, without neck and giblets OR	13 lb 10 oz	27 lb 4 oz
Celery	1 lb 8 1/2 oz	3 lb 1 oz
Mature onions	1 lb 7 oz	2 lb 14 oz

SERVING:	YIELD:	VOLUME:
1 portion (1 cup) provides 2 oz of cooked poultry, 1/4 cup of vegetable, and 1 serving of bread	50 Servings: 2 steamtable pans 100 Servings: 4 steamtable pans	50 Servings: 100 Servings:

Chicken or Turkey Pot Pie

Nutrients Per Serving			
Calories	341	Saturated Fat	Iron1.8mg
Protein	20g	Cholesterol58mg	Calcium36mg
Carbohydrate	23g	Vitamin A388 RE/3,446 IU	Sodium648mg
Total Fat	18g	Vitamin C2.8mg	Dietary Fiber
Thiamin	.19mg	Riboflavin.17mg	Niacin5.01mg
Phosphorus	134mg	Potassium286mg	

Chili Con Carne With Beans

Meat/Meat Alternate-Vegetable

Main Dishes

D-20

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	7 lb		14 lb		1. Brown ground beef. Drain. Continue immediately.
Dehydrated onions OR	2 oz	1/2 cup 1 Tbsp	4 oz	1 cup 2 Tbsp	2. Add onions, garlic powder, green pepper (optional), pepper, and seasonings. Cook for 5 minutes.
*Fresh onions, chopped	1 lb	2 2/3 cups	2 lb	5 1/3 cups	
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Green pepper, chopped (optional)	8 oz	1 1/2 cups	1 lb	3 cups	
Black pepper		2 tsp		1 Tbsp 1 tsp	
#Chili powder		3 Tbsp		1/4 cup 2 Tbsp	
#Paprika		1 Tbsp		2 Tbsp	
#Onion powder		1 Tbsp		2 Tbsp	
#Ground cumin		2 Tbsp	2 oz	1/4 cup	
Canned tomatoes, with liquid, chopped	3 lb 3 oz	1/2 No. 10 can	6 lb 6 oz	1 No. 10 can	3. Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
Water		2 1/4 qt		1 gal 2 cups	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	
Canned pinto or kidney beans, drained OR	3 lb 6 oz	1/2 No. 10 can	6 lb 12 oz	1 No. 10 can	4. Stir in beans. Cover and simmer. Stir occasionally. CCP Heat to 155 degrees F or higher for 15 seconds.
*Cooked dry pinto or kidney beans (see preparation note)	2 lb 1 oz	1 qt 1 1/2 cups	4 lb 2 oz	2 3/4 qt	OR, if using previously cooked and chilled beans: CCP Heat to 165 degrees F or higher for at least 15 seconds. 5. Pour into serving pans. CCP Hold for hot service at 140 degrees F or higher.
Cheddar cheese, shredded (optional)	1 lb 8 oz	1 3/4 qt	3 lb	3 1/2 qt	6. Portion with 4-oz ladle (1/2 cup). Garnish with cheese (optional).

Chili Con Carne With Beans

Meat/Meat Alternate-Vegetable

Main Dishes

D-20

Comments:
*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/3 cup 1 Tbsp 2 tsp Mexican Seasoning Mix. For 100 servings, use 3/4 cup 2 Tbsp Mexican Seasoning Mix.

Marketing Guide

Food as Purchased

For 50 Svgs

For 100 Svg

Mature onions

1 lb 2 oz

2 lb 4 oz

Green peppers

10 1/4 oz

1 lb 4 1/2 oz

Pinto or kidney beans, dry

14 oz

1 lb 12 oz

SERVING:

YIELD:

VOLUME:

1/2 cup (4-oz ladle) provides 2 oz of cooked lean meat and 3/8 cup of vegetable.

50 Servings: about 1 1/2 gal

50 Servings:

100 Servings: about 3 gal

100 Servings:

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 3/4 qt cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1 3/4 qt of water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP Hold for hot service at 140 degrees F.

Or, chill for later use. If chilling:
CCP Cool to 70 degrees F within 2 hours and to 41 degrees F or lower within an additional 4 hours.

1 lb dry beans=about 2 1/2 cups dry or 6 1/4 cups cooked beans.

Variation:

A. Chili Con Carne Without Beans

50 servings: In step 1, use 8 lb 10 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 and 6.

100 servings: In step 1, use 17 lb 4 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 and 6.

Chili Con Carne With Beans

Nutrients Per Serving			
Calories	212	Saturated Fat	Iron 3mg
Protein	16g	Cholesterol 40mg	Calcium 40mg
Carbohydrate	15g	Vitamin A 81 RE/785 IU	Sodium 101mg
Total Fat	10g	Vitamin C 11.6mg	Dietary Fiber
Thiamin	.12mg	Riboflavin .17mg	Niacin 3.43mg
Phosphorus	174mg	Potassium 541mg	

Country Fried Steak

Meat

Main Dishes

D-21

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
All-purpose flour	8 oz	1 3/4 cups	1 lb	3 1/2 cups	1. Combine flour, salt, and pepper.
Salt		1 Tbsp		2 Tbsp	
Black or white pepper		1 Tbsp		2 Tbsp	
Dehydrated onions	2 3/4 oz	3/4 cup	5 1/4 oz	1 1/2 cups	2. Combine about 1/2 of the seasoned flour with onions and ground beef in mixer bowl. Mix for 2 minutes on low speed.
Raw ground beef (no more than 24% fat)	9 lb		18 lb		
					3. Place 4 lb 8 oz (2 1/4 qt) ground beef into each sheet pan (18" x26" x1"). Pat or flatten meat with rolling pin to cover pan evenly. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans.
					4. Sprinkle remaining seasoned flour evenly over meat, about 1/2 cup per pan. Pat into meat.
					5. Cut each pan 5 x5 (25 portions per pan).
					6. Bake: Conventional Oven: 375 degrees F (approx. 15 minutes) Convection Oven: 300 degrees F (approx. 10 minutes)
Butter or margarine	4 oz	1/2 cup	8 oz	1 cup	7. Transfer steaks, browned side up, into steam table pans (12" x 20" x 2 1/2"). For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
All-purpose flour	5 oz	1 cup 2 Tbsp	10 oz	2 1/4 cups	8. For brown gravy: Melt butter or margarine in stockpot. Blend in flour and cook on medium heat, stirring frequently until golden brown, 8-10 minutes.
Beef stock		2 qt 1/2 cup		1 gal 1 cup	9. Slowly stir in beef stock, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer, stirring constantly until thickened, 6-8 minutes.
Onion powder		2 tsp		1 Tbsp 1 tsp	10. Pour gravy over steaks, approximately 2 qt per pan. Cover pans.
Black or white pepper		1/4 tsp		1/2 tsp	11. CCP Heat to 155 degrees F or higher for at least 15 seconds.
					Conventional Oven: 375 degrees F (approx. 15 minutes) Convection Oven: 300 degrees F (approx. 10 minutes)

Country Fried Steak

Meat	Main Dishes	D-21
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12. Serve 1 steak with gravy or on a roll.
CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
1 portion provides 2 ounces of cooked lean meat	50 Servings: 1 steamtable pan	50 Servings:
	100 Servings: 2 steamtable pans	100 Servings:

Nutrients Per Serving					
Calories	225	Saturated Fat		Iron	1.6mg
Protein	16g	Cholesterol	56mg	Calcium	12mg
Carbohydrate	7g	Vitamin A	17 RE/70 IU	Sodium	439mg
Total Fat	14g	Vitamin C	.8mg	Dietary Fiber	
Thiamin	.09mg	Riboflavin	.17mg	Niacin	3.69mg
Phosphorus	128mg	Potassium	224mg		

Ground Beef and Macaroni (With Mexican Seasoning)

Meat-Vegetable-Bread Alternate

Main Dishes

D-22

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to rolling boil. Add salt.
Salt		2 3/4 Tbsp	3 1/2 oz	1/3 cup	
Elbow macaroni	2 lb 10 oz	2 1/4 qt	5 lb 4 oz	1 gal 2 cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for approximately 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.
Raw ground beef (no more than 24% fat)	8 lb 10 oz		17 lb 4 oz		3. Brown ground beef. Drain. Add onions and cook for 5 minutes.
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	
*Fresh onions, chopped	14 oz	2 1/4 cups	1 lb 12 oz	1 qt 3/4 cup	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	4. Add tomato paste, tomatoes, stock or water, pepper, garlic powder, seasonings, and macaroni. CCP Heat to 155 degrees F or higher for at least 15 seconds.
Canned tomatoes, with liquid, chopped	3 lb 3 oz	1/2 No. 10 can	6 lb 6 oz	1 No. 10 can	
Beef stock or water		1 1/2 qt		3 qt	
Black pepper		1 1/2 tsp		1 Tbsp	
Garlic powder		1 Tbsp		2 Tbsp	
#Chili powder		2 Tbsp		1/4 cup	
#Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
#Paprika		1 1/2 tsp		1 Tbsp	
#Onion powder		1 1/2 tsp		1 Tbsp	
					5. Pour into serving pans.
Cheddar cheese, shredded (optional)	14 oz	1 qt	1 lb 12 oz	2 qt	6. Sprinkle shredded cheese (optional) evenly over pans. CCP Hold for hot service at 140 degrees F or higher.
					7. Portion 3/4 cup per serving.

Ground Beef and Macaroni (With Mexican Seasoning)

Comments:
*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/4 cup 1 1/2 tsp Mexican Seasoning Mix. For 100 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	1 lb	2 lb

SERVING:	YIELD:	VOLUME:
3/4 cup provides 2 oz of cooked lean meat, 3/8 cup of vegetable, and 1 serving of bread alternate.	50 Servings: about 2 1/2 gal	50 Servings:
	100 Servings: about 5 gal	100 Servings:

Variation:
A. Ground Beef and Macaroni (With Italian Seasoning)

50 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use #3 Tbsp 2 tsp flaked basil, 3 Tbsp 2 tsp flaked oregano, 2 Tbsp 2 tsp flaked marjoram, and 1 1/2 tsp flaked thyme. Continue with steps 5-7.

100 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use #1/4 cup 3 Tbsp flaked basil, 1/4 cup 3 Tbsp flaked oregano, 1/4 cup 1 Tbsp flaked marjoram, and 1 Tbsp flaked thyme. Continue with steps 5-7.

#Italian Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/2 cup 2 Tbsp Italian Seasoning Mix. For 100 servings, use 1 1/4 cups Italian Seasoning Mix.

Ground Beef and Macaroni (With Mexican Seasoning)

Nutrients Per Serving					
Calories	267	Saturated Fat		Iron	2.7mg
Protein	17g	Cholesterol	49mg	Calcium	30mg
Carbohydrate	21g	Vitamin A	72 RE/688 IU	Sodium	462mg
Total Fat	12g	Vitamin C	11.4mg	Dietary Fiber	
Thiamin	.17mg	Riboflavin	.23mg	Niacin	4.56mg
Phosphorus	168mg	Potassium	463mg		

Ground Beef and Spanish Rice

Meat-Vegetable-Bread Alternate

Main Dishes

D-23

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	8 lb 10 oz		17 lb 4 oz		1. Brown ground beef or pork. Drain. Continue immediately.
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	2. Add onions and green peppers. Cook approximately 5 minutes.
*Fresh onions, chopped	15 oz	2 1/2 cups	1 lb 14 oz	1 1/4 qt	
*Green pepper, chopped	10 1/2 oz	2 cups	1 lb 5 oz	1 qt	
Beef stock or water		3 3/4 qt		1 gal 3 1/2 qt	3. Add beef stock or water, tomatoes, tomato paste, and seasonings. Bring to boil.
Canned tomatoes, with liquid, chopped	2 lb 6 1/2 oz	1 qt 1/2 cup	4 lb 13 oz	3/4 No. 10 can	
Tomato paste	14 oz	1 1/2 cups	1 lb 12 oz	1/4 No. 10 can	
#Chili powder		2 Tbsp		1/4 cup	
#Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
#Paprika		1 1/2 tsp		1 Tbsp	
#Onion powder		1 1/2 tsp		1 Tbsp	
White rice	2 lb 15 oz	1 3/4 qt	5 lb 14 oz	3 1/2 qt	4. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender. CCP Heat to 155 degrees F or higher for at least 15 seconds.
					5. Pour into serving pans. CCP Hold for hot service at 140 degrees F or higher.
					6. Portion with No. 6 scoop (2/3 cup).

Comments:

*See Marketing Guide.

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/4 cup 1 1/2 tsp Mexican Seasoning Mix. For 100 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix

Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	1 lb 1 1/2 oz	2 lb 2 1/2 oz
Green pepper	13 1/2 oz	1 lb 10 1/2 oz

Ground Beef and Spanish Rice

Meat-Vegetable-Bread Alternate

Main Dishes

D-23

SERVING:	YIELD:	VOLUME:
2/3 cup (No. 6 scoop) provides 2 ounces of cooked lean meat, 1/4 cup of vegetable, and 1 serving of bread alternate	50 Servings: about 2 1/4 gal 100 Servings: about 4 1/2 gal	50 Servings: 100 Servings:

Nutrients Per Serving			
Calories	276	Saturated Fat	Iron 3mg
Protein	17g	Cholesterol 49mg	Calcium 28mg
Carbohydrate	24g	Vitamin A 169 RE/491 IU	Sodium 499mg
Total Fat	12g	Vitamin C 12.9mg	Dietary Fiber
Thiamin	.15mg	Riboflavin .17mg	Niacin 4.42mg
Phosphorus	154mg	Potassium 370mg	

Ground Beef Stroganoff

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	9 lb 4 oz		18 lb 8 oz		1. Brown ground beef or pork. Drain. Continue immediately.
All-purpose flour	4 1/2 oz	1 cup	9 oz	2 cups	2. Sprinkle flour over beef and stir.
Dehydrated onions OR	3 oz	3/4 cup 2 Tbsp	6 oz	1 3/4 cups	3. Add onions, garlic powder, parsley flakes, and pepper. Stir to combine. Cook over low heat for approximately 5 minutes.
*Fresh onions, chopped	1 lb 12 oz	1 qt 3/4 cup	3 lb 8 oz	2 qt 1 1/2 cups	
Garlic powder		1 1/2 tsp		1 Tbsp	
Parsley flakes		1/3 cup		2/3 cup	
Black or white pepper		1 tsp		2 tsp	
Noninstant, nonfat dry milk OR	8 oz	1 3/4 cups	1 lb	3 1/2 cups	4. Combine dry milk and water or beef stock. Whip until well blended.
Instant nonfat dry milk	8 oz	3 1/4 cups	1 lb	1 qt 2 3/4 cups	
Water or beef stock		2 3/4 qt		1 gal 1 1/2 qt	
Condensed cream of mushroom soup	7 lb 13 oz	2 1/2 No. 3 cyl	15 lb 10 oz	5 No. 3 cyl	5. Add liquid and undiluted soup to beef mixture. Stir until well blended. Bring to boil. Reduce heat and cover. Simmer for 40-45 minutes.
					CCP Heat to 155 degrees F or higher for at least 15 seconds.
					6. Pour into serving pans.
					CCP Hold for hot service at 140 degrees F or higher.
					7. Portion with 6-oz ladle (3/4 cup) over cooked rice or noodles.

Comments:
*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	2 lb	4 lb

SERVING:	YIELD:	VOLUME:
3/4 cup (6-oz ladle) provides 2 oz of cooked lean meat	50 Servings: about 2 1/4 gal 100 Servings: about 4 1/2 gal	50 Servings: 100 Servings:

Ground Beef Stroganoff

Nutrients Per Serving					
Calories	283	Saturated Fat		Iron	1.9mg
Protein	18g	Cholesterol	54mg	Calcium	87mg
Carbohydrate	11g	Vitamin A	4 RE/34 IU	Sodium	648mg
Total Fat	18g	Vitamin C	2mg	Dietary Fiber	
Thiamin	.09mg	Riboflavin	.27mg	Niacin	3.84mg
Phosphorus	191mg	Potassium	354mg		

Lasagna With Ground Beef

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-25

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	3 lb 4 oz		6 lb 8 oz		1. Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes.
Dehydrated onions OR	6 oz	1 3/4 cups	12 oz	3 1/2 cups	
*Fresh onions, chopped	3 lb	2 qt	6 lb	1 gal	
Garlic powder		2 Tbsp		1/4 cup	2. Add pepper, parsley flakes, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat.
Black pepper		1 tsp		2 tsp	
Parsley flakes		1/4 cup		1/2 cup	
Canned tomatoes, with liquid, chopped	4 lb 4 oz	2/3 No. 10 can	8 lb 8 oz	1 1/3 No. 10 cans	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	
Water		3 qt		1 1/2 gal	
#Flaked basil		3 Tbsp		1/4 cup 2 Tbsp	
#Flaked oregano		3 Tbsp		1/4 cup 2 Tbsp	
#Flaked marjoram		1 Tbsp		2 Tbsp	
#Flaked thyme		1 tsp		2 tsp	
Lasagna noodles, uncooked	2 lb 2 oz		4 lb 4 oz		3. Assemble ingredients as follows: For 50 servings, use 2 steam table pans (12" x20" x2 1/2") For 100 servings, use 4 steam table pans (12" x20" x2 1/2")
Process American cheese, shredded	1 lb 9 oz	1 qt 2 3/4 cups	3 lb 2 oz	3 qt 1 1/2 cups	1st layer-1 qt 1/2 cup sauce 2nd layer-10 uncooked noodles lengthwise 3rd layer-1 qt 1/2 cup sauce
Mozzarella cheese, shredded	2 lb 6 oz	2 qt 1 1/2 cups	4 lb 12 oz	1 gal 3 cups	4th layer-6 1/2 oz process American cheese (1 3/4 cups) and 10 oz mozzarella cheese (2 1/2 cups) 5th layer-10 uncooked noodles crosswise
					6th layer-1 qt 3/4 cup sauce 7th layer-6 oz process American cheese (1 1/2 cups 2 Tbsp) and 9 oz mozzarella cheese (2 1/4 cups)
					4. Tightly cover pans.

Lasagna With Ground Beef

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-25

	<p>5. CCP Heat to 165 degrees F or higher for at least 15 seconds.</p> <p>Conventional Oven: 350 degrees F (approx. 1 1/4-1 1/2 hours) Convection Oven: 325 degrees F (approx. 45 minutes)</p>
	<p>6. Remove pans from Oven. Uncover. Let stand for 15 minutes before serving.</p> <p>CCP Hold for hot service at 140 degrees F or higher.</p> <p>7. Cut each pan 5 x5 (25 pieces per pan).</p>

Comments:

*See Marketing Guide.

#Italian Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/4 cup 3 Tbsp 1 tsp Italian Seasoning Mix. For 100 servings, use 3/4 cup 2 tsp Italian Seasoning Mix.

Marketing Guide

Food as Purchased

For 50 Svgs

For 100 Svg

Mature onions

3 lb 7 oz

6 lb 14 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 2 oz of cooked lean meat, 3/8 cup of vegetable, and 3/4 serving of bread alternate	<p>50 Servings: 2 steamtable pans</p> <p>100 Servings: 4 steamtable pans</p>	<p>50 Servings:</p> <p>100 Servings:</p>

Nutrients Per Serving

Calories	277	Saturated Fat		Iron	2.1mg
Protein	17g	Cholesterol	45mg	Calcium	266mg
Carbohydrate	23g	Vitamin A	147 RE/941 IU	Sodium	394mg
Total Fat	13g	Vitamin C	14mg	Dietary Fiber	
Thiamin	.24mg	Riboflavin	.25mg	Niacin	3.16mg
Phosphorus	314mg	Potassium	499mg		

Lasagna With Ground Pork and Ground Beef

Meat/Meat Alternate-Vegetable-Bread Alternate

Main Dishes

D-25A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	2 lb 2 oz		4 lb 4 oz		1. Brown ground beef and ground pork. Drain. Add onions and garlic powder. Cook for 5 minutes.
Raw ground pork (no more than 24 % fat)	1 lb 2 oz		2 lb 4 oz		
Dehydrated onions OR	6 oz	1 3/4 cups	12 oz	3 1/2 cups	2. Add pepper, parsley flakes, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat.
*Fresh onions, chopped	3 lb	2 qt	6 lb	1 gal	
Garlic powder		2 Tbsp		1/4 cup	
Black pepper		1 tsp		2 tsp	
Parsley flakes		1/4 cup		1/2 cup	
Canned tomatoes, with liquid, chopped	4 lb 4 oz	2/3 No. 10 can	8 lb 8 oz	1 1/3 No. 10 cans	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	3. Assemble ingredients as follows: For 50 servings, use 2 steam table pans (12" x20" x2 1/2") For 100 servings, use 4 steam table pans (12" x20" x2 1/2")
Water		3 qt		1 1/2 gal	
#Flaked basil		3 Tbsp		1/4 cup 2 Tbsp	
#Flaked oregano		3 Tbsp		1/4 cup 2 Tbsp	
#Flaked marjoram		1 Tbsp		2 Tbsp	
#Flaked thyme		1 tsp		2 tsp	
Lasagna noodles, uncooked	2 lb 2 oz		4 lb 4 oz		4th layer-6 1/2 oz process American cheese (1 3/4 cups) and 10 oz mozzarella cheese (2 1/2 cups) 5th layer-10 uncooked noodles crosswise 6th layer-1 qt 3/4 cup sauce 7th layer-6 oz process American cheese (1 1/2 cups 2 Tbsp) and 9 oz mozzarella cheese (2 1/4 cups) 4. Tightly cover pans.
Process American cheese, shredded	1 lb 9 oz	1 qt 2 3/4 cups	3 lb 2 oz	3 qt 1 1/2 cups	
Mozzarella cheese, shredded	2 lb 6 oz	2 qt 1 1/2 cups	4 lb 12 oz	1 gal 3 cups	

Lasagna With Ground Pork and Ground Beef

Meat/Meat Alternate-Vegetable-Bread Alternate	Main Dishes	D-25A
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	5. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 350 degrees F (approx. 1 1/4-1 1/2 hours) Convection Oven: 325 degrees F (approx. 45 minutes)
	6. Remove pans from Oven. Uncover. Let stand for 15 minutes before serving. CCP Hold for hot service at 140 degrees F or higher. 7. Cut each pan 5 x5 (25 pieces per pan).

Comments:
*See Marketing Guide.

#Italian Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/4 cup 3 Tbsp 1 tsp Italian Seasoning Mix. For 100 servings, use 3/4 cup 2 tsp Italian Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	3 lb 7 oz	6 lb 14 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 2 oz of cooked lean meat, 3/8 cup of vegetable, and 3/4 serving of bread alternate	50 Servings: 2 steamtable pans 100 Servings: 4 steamtable pans	50 Servings: 100 Servings:

Macaroni and Cheese

Meat Alternate-Bread Alternate

Main Dishes

D-26

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to rolling boil.
Elbow macaroni	2 lb 10 oz	2 1/4 qt	5 lb 4 oz	1 gal 2 cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook about 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
Reconstituted nonfat dry milk		3 qt		1 1/2 qt	3. Quickly stir milk into macaroni. Add butter or margarine and seasonings.
Butter or margarine (cut into small cubes)	8 oz	1 cup	1 lb	2 cups	
Dry mustard		1 Tbsp		2 Tbsp	
Black or white pepper		1/4 tsp		1/2 tsp	
Process American cheese, shredded	6 lb 4 oz	1 gal 2 3/4 qt	12 lb 8 oz	3 1/2 gal	4. Add the cheese and stir until the cheese is melted and the mixture is smooth. The mixture is quite liquid at this stage.
					5. Pour macaroni and cheese into serving pans. Hold for 30 minutes on a 180-190 degrees F steam table to allow sufficient time for mixture to set up properly.
					CCP Heat to 140 degrees F or higher.
					6. CCP Hold for hot service at 140 degrees F or higher.
					Portion with No. 6 scoop (2/3 cup).

SERVING:	YIELD:	VOLUME:
2/3 cup (No. 6 scoop) provides the equivalent of 2 oz of cheese and 1 serving of bread alternate	50 Servings: about 2 gallons	50 Servings:
	100 Servings: about 4 gallons	100 Servings:

Variation:

A. Macaroni, Cheese, and Ham

50 servings: Follow steps 1-3. In step 4, use 5 lb 12 oz (1 gal 2 1/4 qt) shredded cheese and 1 lb (3 cups) diced cooked ham. Continue with steps 5 and 6.

100 servings: Follow steps 1-3. In step 4, use 11 lb 8 oz (3 1/4 gal) shredded cheese and 2 lb (1qt 2 1/4 cups) diced cooked ham. Continue with steps 5 and 6.

Macaroni and Cheese

Serving: 2/3 cup (No. 6 scoop) provides the equivalent of 2 oz of cooked lean meat and 1 serving of bread alternate.

Nutrients Per Serving			
Calories	341	Saturated Fat	
Protein	17g	Cholesterol	64mg
Carbohydrate	19g	Vitamin A	199 RE/827 IU
Total Fat	22g	Vitamin C	.4mg
Thiamin	.13mg	Riboflavin	.35mg
Phosphorus	515mg	Potassium	241mg
		Iron	.9mg
		Calcium	431mg
		Sodium	881mg
		Dietary Fiber	
		Niacin	.84mg

Meat Loaf

Meat

Main Dishes

D-27

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Tomato paste	14 oz	1 1/2 cups	1 lb 12 oz	1/4 No. 10 can	1. Combine tomato paste, water, stock, and dry milk in mixer for 2 minutes on medium speed.
Water		1 cup		2 cups	
Beef Stock		2 cups		1 qt	2. Add ground beef, oats, eggs, onions, celery, parsley flakes, pepper, garlic powder, and seasonings. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
Noninstant, nonfat dry milk OR	2 1/4 oz	1/2 cup	4 1/2 oz	1 cup	
Instant nonfat dry milk	2 1/4 oz	1 cup	4 1/2 oz	1 3/4 cups 2 Tbsp	
Raw ground beef (no more than 24% fat)	8 lb 8 oz		17 lb		
Rolled oats	14 oz	1 qt 1 1/2 cups	1 lb 12 oz	2 3/4 qt	
Large eggs	7 1/4 oz	4	14 1/2 oz	8	
Dehydrated onions OR		1/3 cup	2 1/4 oz	2/3 cup	
*Fresh onions, chopped	8 oz	1 1/3 cups	1 lb	2 3/4 cups	
*Celery, chopped	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups	
Parsley flakes		1/4 cup		1/2 cup	
Black pepper		1 1/2 tsp		1 Tbsp	
Garlic powder		1 Tbsp		2 Tbsp	
#Flaked basil		3/4 tsp		1 1/2 tsp	
#Flaked oregano		3/4 tsp		1 1/2 tsp	
#Flaked marjoram		1/2 tsp		1 tsp	
#Flaked thyme		1/8 tsp		1/4 tsp	
					3. Place 12 lb 14 oz (1 gal 3 3/4 qt) mixture into each steam table pan (12" x20" x2 1/2"). For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
					4. Press mixture into steam table pans. Smooth top. Separate mixture down the middle lengthwise into 2 equal loaves.
					5. CCP Heat to 155 degrees F or higher for at least 15 seconds.
					Or, if homemade stock is used: Conventional Oven: 350 degrees F (approx. 1 1/4-1 1/2

Meat Loaf

Meat	Main Dishes	D-27
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	hours) Convection Oven: 275 degrees F (approx. 1-1 1/4 hours)
	CCP Heat to 165 degrees F or higher for at least 15 seconds.
	6. Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices, approximately 3/4" thick.
	CCP Hold for hot service at 140 degrees F or higher.
	7. Serve with Brown Gravy (see G-3) or Meatless Tomato Sauce (see G-7).

Comments:
*See Marketing Guide.

#Italian Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 2 tsp Italian Seasoning Mix. For 100 servings, use 1 Tbsp 1 tsp Italian Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	9 1/4 oz	1 lb 2 1/2 oz
Celery	9 3/4 oz	1 lb 3 1/2 oz

SERVING:	YIELD:	VOLUME:
1 slice (3/4" thick) provides 2 oz of cooked lean meat	50 Servings: 2 loaves, 25 slices each	50 Servings:
	100 Servings: 4 loaves, 25 slices each	100 Servings:

Nutrients Per Serving			
Calories	216	Saturated Fat	
Protein	16g	Cholesterol	71mg
Carbohydrate	8g	Vitamin A	29 RE/246 IU
Total Fat	13g	Vitamin C	4mg
Thiamin	.12mg	Riboflavin	.19mg
Phosphorus	175mg	Potassium	335mg
		Iron	2.1mg
		Calcium	35mg
		Sodium	122mg
		Dietary Fiber	
		Niacin	3.38mg

Meat Balls

Meat

Main Dishes

D-27A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Tomato paste	14 oz	1 1/2 cups	1 lb 12 oz	1/4 No. 10 can	1. Combine tomato paste, water, stock, and dry milk in mixer for 2 minutes on medium speed.
Water		1 cup		2 cups	
Beef Stock		2 cups		1 qt	2. Add ground beef, oats, eggs, onions, celery, parsley flakes, pepper, garlic powder, and seasonings. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
Noninstant, nonfat dry milk OR	2 1/4 oz	1/2 cup	4 1/2 oz	1 cup	
Instant nonfat dry milk	2 1/4 oz	1 cup	4 1/2 oz	1 3/4 cups 2 Tbsp	
Raw ground beef (no more than 24% fat)	8 lb 8 oz		17 lb		
Rolled oats	14 oz	1 qt 1 1/2 cups	1 lb 12 oz	2 3/4 qt	
Large eggs	7 1/4 oz	4	14 1/2 oz	8	
Dehydrated onions OR		1/3 cup	2 1/4 oz	2/3 cup	
*Fresh onions, chopped	8 oz	1 1/3 cups	1 lb	2 3/4 cups	
*Celery, chopped	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups	
Parsley flakes		1/4 cup		1/2 cup	
Black pepper		1 1/2 tsp		1 Tbsp	
Garlic powder		1 Tbsp		2 Tbsp	
#Flaked basil		3/4 tsp		1 1/2 tsp	
#Flaked oregano		3/4 tsp		1 1/2 tsp	
#Flaked marjoram		1/2 tsp		1 tsp	
#Flaked thyme		1/8 tsp		1/4 tsp	
					3. Portion with level No. 16 scoop (1/4 cup) into steam table pans (12" x20" x2 1/2"). For 50 servings, use 4 steam table pans, approximately 25 meat balls per pan. For 100 servings, use 8 steam table pans, approximately 25 meat balls per pan.
					4. CCP Heat to 155 degrees F or higher for at least 15 seconds. Or, if homemade stock is used: Conventional Oven: 350 degrees F (approx. 1 1/4-1 1/2 hours) Convection Oven: 275 degrees F (approx. 1-1 1/4 hours)

Meat Balls

Meat	Main Dishes	D-27A
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	CCP Heat to 165 degrees F or higher for at least 15 seconds.
	5. Drain fat from pans. Portion 2 meat balls per serving.
	CCP Hold for hot service at 140 degrees F or higher.
	6. Serve with Brown Gravy (see G-3), Meatless Tomato Sauce (see G-7), or as a meat ball submarine sandwich.

Comments:
*See Marketing Guide.

#Italian Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 2 tsp Italian Seasoning Mix. For 100 servings, use 1 Tbsp 1 tsp Italian Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	9 1/4 oz	1 lb 2 1/2 oz
Celery	9 3/4 oz	1 lb 3 1/2 oz

Nachos With Ground Beef

Meat/Meat Alternate-Bread Alternate

Main Dishes

D-28

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	4 lb 6 oz		8 lb 12 oz		1. Brown ground beef. Drain. Continue immediately.
#Chili powder		2 Tbsp		1/4 cup	
#Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
#Paprika		1 1/2 tsp		1 Tbsp	
#Onion powder		1 1/2 tsp		1 Tbsp	
Reconstituted nonfat dry milk		1 qt		2 qt	2. Add milk, cheese, and butter or margarine to ground beef. Stir frequently over medium heat. (approx. 15 minutes) CCP Heat to 155 degrees F or higher for at least 15 seconds.
Process American cheese, shredded	3 lb 6 oz	3 qt 2 1/2 cups	6 lb 12 oz	1 gal 3 1/4 qt	
Butter or margarine	4 oz	1/2 cup	8 oz	1 cup	
Green chili peppers, chopped (optional)	2 oz	1/4 cup	4 oz	1/2 cup	3. Add green chili peppers (optional) and stir to combine.
Taco shell pieces	2 lb 6 oz	1 gal 2 1/4 qt	4 lb 11 oz	3 1/4 gal	4. To maintain best consistency, serve immediately or hold hot. CCP Hold for hot service at 140 degrees F or higher. Portion 2 1/2 oz (1/3 cup) over 3/4 oz (1/2 cup) taco shell pieces.
					5. If desired, garnish with chopped green peppers, chopped tomatoes, and chopped green chili peppers.

Comments:

#Mexican Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/4 cup 1 1/2 tsp Mexican Seasoning Mix. For 100 servings, use 1/2 cup 1 Tbsp Mexican Seasoning Mix.

SERVING:	YIELD:	VOLUME:
1 portion provides the equivalent of 2 oz of cooked lean meat and 1 serving of bread alternate	50 Servings: about 1 gal 100 Servings: about 2 gal	50 Servings: 100 Servings:

Nachos With Ground Beef

Nutrients Per Serving					
Calories	320	Saturated Fat		Iron	2.5mg
Protein	16g	Cholesterol	59mg	Calcium	260mg
Carbohydrate	16g	Vitamin A	127 Re/680 IU	Sodium	532mg
Total Fat	21g	Vitamin C	.4mg	Dietary Fiber	
Thiamin	.26mg	Riboflavin	.36mg	Niacin	3.31mg
Phosphorus	350mg	Potassium	250mg		

Oven Fried Chicken

Meat

Main Dishes

D-29

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken, cut-up, thawed (USDA-donated, whole, cup up 8 pieces) OR	24 lb		48 lb		1. Rinse chicken in cold water. Drain well.
Chicken, cut-up, thawed (USDA-donated, whole, cup up 9 pieces)	22 lb		44 lb		
All-purpose flour	1 lb	3 1/2 cups	2 lb	1 qt 3 1/4 cups	2. Combine flour, dry milk, poultry seasoning, pepper, paprika, and garlic powder. Mix well.
Noninstant, nonfat dry milk OR	8 oz	1 2/3 cups	1 lb	3 1/2 cups	
Instant nonfat dry milk	8 oz	3 1/4 cups	1 lb	1 qt 2 3/4 cups	
Poultry seasoning		1 Tbsp 1 1/2 tsp		3 Tbsp	
Black pepper		1 Tbsp		2 Tbsp	
Paprika		1 1/2 tsp		1 Tbsp	
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Vegetable oil		1 1/2 cups		3 cups	3. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.
					4. Coat oiled chicken with seasoned flour. Place on ungreased sheet pans (18" x26" x1"), approximately 25 pieces per pan.
					5. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 400 degrees F (approx. 45-55 minutes) Convection Oven: 350 degrees F (approx. 30-35 minutes)
					6. Transfer to steam table pans for serving. CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
1 portion (1 breast, or 1 drumstick and 1 wing, or 1 thigh with back) provides 2 oz of cooked poultry	50 Servings: 2 sheetpans 100 Servings: 4 sheetpans	50 Servings: 100 Servings:

Oven Fried Chicken

Meat

Main Dishes

D-29

Nutrients Per Serving					
Calories	245	Saturated Fat	Iron	1.1mg	
Protein	18g	Cholesterol	51mg	Calcium	69mg
Carbohydrate	10g	Vitamin A	272 RE/139 IU	Sodium	71mg
Total Fat	14g	Vitamin C	.3mg	Dietary Fiber	
Thiamin	.11mg	Riboflavin	.20mg	Niacin	5.34mg
Phosphorus	157mg	Potassium	223mg		

Pizza With Cheese Topping

Meat/Meat Alternate-Vegetable-Bread

Main Dishes

D-30

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Pizza dough in pans (18" x26" x1")				5 sheet pans	1. For pizza dough, use Pizza Crust recipe (see B-14) or Pourable Pizza Crust recipe (see B-15).
Dehydrated onions OR			4 oz	1 cup 2 Tbsp	2. Combine onions, garlic powder, pepper, tomato paste, water, and seasonings. Simmer for 15 minutes.
*Fresh onions, chopped			2 lb	1 qt 1 1/4 cups	
Garlic powder				1 Tbsp 1 1/2 tsp	
Black pepper				2 tsp	
Tomato paste			3 lb 8 oz	1/2 No. 10 can	
Water				3 1/2 qt	
#Flaked basil				1/4 cup 2 Tbsp	
#Flaked oregano				1/4 cup 2 Tbsp	
#Flaked marjoram				1/4 cup 1 Tbsp	
#Flaked thyme				1 Tbsp	
Mozzarella cheese, shredded			12 lb 8 oz	3 1/4 gal	3. Sprinkle 12 oz (3 cups) shredded cheese evenly over each pizza crust.
					4. Spread 1 qt tomato mixture over cheese in each pan.
					5. Sprinkle 1 lb 12 oz (1 3/4 qt) shredded cheese evenly over tomato mixture in each pan.
					6. Bake until crust is lightly browned: Conventional Oven: 475 degrees F (approx.15-18 minutes) Convection Oven: 450 degrees F (approx.15 minutes)
					7. Cut each pan 4 x5 (20 pieces per pan).
					CCP Hold at 140 degrees F or higher.

Comments:

*See Marketing Guide.

#Italian Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 100 servings, use 1 cup Italian Seasoning Mix.

Marketing Guide

Food as Purchased

For 50 Svgs

For 100 Svg

Mature onions

2 lb 4 1/2 oz

Pizza With Cheese Topping

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 2 oz of cooked lean meat, 1/4 cup of vegetable, and 2 servings of bread	50 Servings: 100 Servings: 5 sheetpans	50 Servings: 100 Servings:

Nutrients Per Serving			
Calories	300	Saturated Fat	Iron 1.9mg
Protein	18g	Cholesterol 33mg	Calcium 388mg
Carbohydrate	32g	Vitamin A 143 Re/739 IU	Sodium 335mg
Total Fat	11g	Vitamin C 7.1mg	Dietary Fiber
Thiamin	.25mg	Riboflavin .35mg	Niacin 2.48mg
Phosphorus	317mg	Potassium 267mg	

Pizza With Ground Beef Topping

Meat/Meat Alternate-Vegetable-Bread

Main Dishes

D-31

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Pizza dough in pans (18" x26" x1")				5 sheet pans	1. For pizza crust: Use Pizza Crust recipe (see B-14) or Pourable Pizza Crust recipe (see B-15).
Raw ground beef (no more than 24% fat)			8 lb 12 oz		2. For pizza topping: Brown ground beef. Drain. Continue immediately. Add onions and garlic powder. Cook for 5 minutes.
Dehydrated onions OR			4 oz	1 cup 2 Tbsp	
*Fresh onions, chopped			2 lb	1 qt 1 1/4 cups	
Garlic powder				1 Tbsp 1 1/2 tsp	
Black pepper				1 Tbsp	3. Add pepper, tomato paste, water, and seasonings. Simmer for 15 minutes.
Tomato paste			3 lb 8 oz	1/2 No. 10 can	
Water				3 1/2 qt	
#Flaked basil				1/4 cup 2 Tbsp	
#Flaked oregano				1/4 cup 2 Tbsp	
#Flaked marjoram				1/4 cup 1 Tbsp	
#Flaked thyme				1 Tbsp	
Mozzarella cheese, shredded			6 lb 4 oz	1 gal 2 1/4 qt	4. Sprinkle 8 oz (2 cups) shredded cheese evenly over each pizza crust.
					5. Spread 1 1/4 qt beef mixture over cheese in each pan.
					6. Sprinkle 12 oz (3 cups) shredded cheese evenly over topping in each pan.
					7. Bake until crust is lightly browned: Conventional Oven: 475 degrees F (approx.15-18 minutes) Convection Oven: 450 degrees F (approx.15 minutes)
					CCP Heat to 155 degrees F or higher for 15 seconds.
					8. Portion by cutting each sheet pan 4 x5 (20 pieces per pan).
					CCP Hold for hot service at 140 degrees F or higher.

Pizza With Ground Beef Topping

Comments:
*See Marketing Guide.

#Italian Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 100 servings, use 1 cup 1 Tbsp Italian Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions		2 lb 4 1/2 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 2 oz of cooked lean meat, 1/4 cup of vegetable, and 2 servings of bread	50 Servings: 100 Servings: 5 sheetpans	50 Servings: 100 Servings:

Nutrients Per Serving					
Calories	312	Saturated Fat		Iron	2.5mg
Protein	18g	Cholesterol	41mg	Calcium	207mg
Carbohydrate	31g	Vitamin A	92 RE/574 IU	Sodium	226mg
Total Fat	12g	Vitamin C	7.1mg	Dietary Fiber	
Thiamin	.26mg	Riboflavin	.33mg	Niacin	4.02mg
Phosphorus	240mg	Potassium	333mg		

Pizza With Ground Pork Topping

Meat/Meat Alternate-Vegetable-Bread

Main Dishes

D-31A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Pizza dough in pans (18" x26" x1")				5 sheet pans	1. For pizza crust: Use Pizza Crust recipe (see B-14) or Pourable Pizza Crust recipe (see B-15).
Raw ground pork (no more than 24% fat)			8 lb 12 oz		2. For pizza topping: Brown ground pork. Drain. Continue immediately. Add onions and garlic powder. Cook for 5 minutes.
Dehydrated onions OR			4 oz	1 cup 2 Tbsp	
*Fresh onions, chopped			2 lb	1 qt 1 1/4 cups	
Garlic powder				1 Tbsp 1 1/2 tsp	
Black pepper				1 Tbsp	3. Add pepper, tomato paste, water, and seasonings. Simmer for 15 minutes.
Tomato paste			3 lb 8 oz	1/2 No. 10 can	
Water				3 1/2 qt	
#Flaked basil				1/4 cup 2 Tbsp	
#Flaked oregano				1/4 cup 2 Tbsp	
#Flaked marjoram				1/4 cup 1 Tbsp	
#Flaked thyme				1 Tbsp	
#Fennel seed				1/4 cup	
#Sage, grounded				2 Tbsp 1 1/2 tsp	
#Red pepper, crushed (optional)				1 1/2 tsp	
Mozzarella cheese, shredded			6 lb 4 oz	1 gal 2 1/4 qt	4. Sprinkle 8 oz (2 cups) shredded cheese evenly over each pizza crust.
					5. Spread 1 1/4 qt pork mixture over cheese in each pan.
					6. Sprinkle 12 oz (3 cups) shredded cheese evenly over topping in each pan.
					7. Bake until crust is lightly browned: Conventional Oven: 475 degrees F (approx.15-18 minutes) Convection Oven: 450 degrees F (approx.15 minutes)
					CCP Heat to 155 degrees F or higher for 15 seconds.
					8. Portion by cutting each sheet pan 4 x5 (20 pieces per pan).
					CCP Hold for hot service at 140 degrees F or higher.

Pizza With Ground Pork Topping

Comments:
*See Marketing Guide.

#Italian Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 100 servings, use 1 cup 1 Tbsp Italian Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions		2 lb 4 1/2 oz

SERVING:	YIELD:	VOLUME:
1 piece provides the equivalent of 2 oz of cooked lean meat, 1/4 cup of vegetable, and 2 servings of bread	50 Servings: 100 Servings: 5 sheetpans	50 Servings: 100 Servings:

Quiche With Self-Forming Crust

Meat Alternate

Main Dishes

D-32

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Process America cheese, shredded	1 lb 10 oz	1 3/4 qt	3 lb 4 oz	3 1/2 qt	1. Sprinkle 13 oz (3 1/2 cups) cheese into each steam table pan (12" x20" x2 1/2"), which has been lightly greased. For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans.
Large eggs (see Special Tip)	4 lb 7 oz	40	8 lb 14 oz	80	2. Beat eggs in mixer on medium speed for 2 minutes.
Reconstituted nonfat dry milk		3 qt		1 1/2 gal	3. Add milk, flour, baking powder, salt, pepper, nutmeg (optional), and onions. Mix for 4 minutes on low speed.
All-purpose flour	14 oz	3 1/4 cups	1 lb 12 oz	1 qt 2 1/4 cups	
Baking powder		1/2 tsp		1 tsp	
Salt		1 Tbsp		2 Tbsp	
Black or white pepper		1 tsp		2 tsp	
Ground nutmeg (optional)		1/2 tsp		1 tsp	
Dehydrated onions OR	2 1/4 oz	1/2 cup 2 Tbsp	4 1/2 oz	1 1/4 cups	
*Fresh onions, chopped	12 oz	2 cups	1 lb 8 oz	1 qt	
Process American cheese, shredded (optional)	11 oz	3 cup	1 lb 6 oz	1 1/2 qt	4. Slowly pour 3 lb 14 oz (2 3/4 qt) mixture evenly over cheese in each pan. Sprinkle 5 1/2 oz (1 1/2 cups) cheese (optional) over liquid mixture in each pan. 5. CCP Heat to at least 145 degrees F for 3 minutes. A knife inserted near center should come out clean. Surface will be lightly browned and puffy.
					Conventional Oven: 400 degrees F (approx. 50-60 minutes) Convection Oven: 350 degrees F (approx. 25-35 minutes) Stir lightly twice during first half of baking time
					6. Let stand for 5 minutes. Cut each pan 5 x5 (25 portions per pan). CCP Hold for hot service at 140 degrees F or higher.

Comments:

*See Marketing Guide.

Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	14 oz	1 lb 11 1/2 oz

Quiche With Self-Forming Crust

Meat Alternate

Main Dishes

D-32

SERVING:	YIELD:	VOLUME:
1 portion provides the equivalent of 2 oz of cooked lean meat	50 Servings: 2 steamtable pans 100 Servings: 4 steamtable pans	50 Servings: 100 Servings:

Special Tip:

50 servings: Use 1 lb 4 oz (1 qt 2 2/3 cups) dried whole eggs and 1 qt 2 2/3 cups water in place of shell eggs.

100 servings: Use 2 lb 8 oz (3 qt 1 1/4 cups) dried whole eggs and 3 qt 1 1/4 cups water in place of shell eggs.

Nutrients Per Serving			
Calories	174	Saturated Fat	
Protein	11g	Cholesterol	236mg
Carbohydrate	11g	Vitamin A	106 RE/390 IU
Total Fat	9g	Vitamin C	1.1mg
Thiamin	.12mg	Riboflavin	.28mg
Phosphorus	252mg	Potassium	212mg
		Iron	1.2mg
		Calcium	195mg
		Sodium	444mg
		Dietary Fiber	
		Niacin	.50mg

Salisbury Steak

Meat

Main Dishes

D-33

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	8 lb 8 oz		17 lb		1. Blend all ingredients in mixer for 4 minutes on low speed. DO NOT OVERMIX.
Rolled oats	12 oz	1 qt 3/4 cup	1 lb 8 oz	2 qt 1 1/2 cups	
Large eggs	5 1/4 oz	3	10 1/2 oz	6	
Water		1 cup		2 cups	
Beef stock		1 cup		2 cups	
Noninstant, nonfat dry milk OR	2 1/4 oz	1/2 cup	4 1/2 oz	1 cup	
Instant nonfat dry milk	2 1/4 oz	1 cup	4 1/2 oz	1 3/4 cups 2 Tbsp	
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	
*Fresh onions, chopped	12 oz	2 cups	1 lb 8 oz	1 qt	
Parsley, flakes		1/4 cup		1/2 cup	
Black pepper		1 1/2 tsp		1 Tbsp	
					2. Portion steaks onto ungreased sheet pan (18" x26" x1") with a No. 12 scoop (1/3 cup), approximately 25 steaks per pan. Flatten into an oval patty. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans.
					3. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 350 degrees F (approx. 25-30 minutes) Convection Oven: 300 degrees F (approx.15-20 minutes)
					4. Transfer steaks to steam table pans (12" x20" x2 1/2"). For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans. CCP Hold for hot service at 140 degrees F or higher.
					5. Serve with Brown Gravy (see G-3) or Meatless Tomato Sauce (see G-7).

Comments:

*See Marketing Guide.

Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	14 oz	1 lb 11 1/2 oz

Salisbury Steak

SERVING:	YIELD:	VOLUME:
1 portion provides the equivalent of 2 oz of cooked lean meat	50 Servings: 2 steamtable pans 100 Servings: 4 steamtable pans	50 Servings: 100 Servings:

Nutrients Per Serving					
Calories	203	Saturated Fat		Iron	1.7mg
Protein	16g	Cholesterol	65mg	Calcium	30mg
Carbohydrate	6g	Vitamin A	7 RE/46 IU	Sodium	84mg
Total Fat	12g	Vitamin C	.8mg	Dietary Fiber	
Thiamin	.09mg	Riboflavin	.17mg	Niacin	3.13mg
Phosphorus	160mg	Potassium	246mg		

Scrambled Eggs

Meat Alternate

Main Dishes

D-34

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Large eggs (see Special Tip)	5 lb 9 oz	50	11 lb 2 oz	100	1. Beat eggs thoroughly.
Reconstituted nonfat dry milk		1 qt		2 qt	2. Add milk and salt. Mix until well blended.
Salt		1 1/2 tsp		1 Tbsp	
					3. Pour 3 lb 12 oz (1 qt 3 1/4 cups) egg mixture into each steam table pan (12" x20" x2 1/2"), which has been lightly greased. For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans.
					4. CCP Heat to 145 degrees F for 3 minutes. Conventional Oven: 350 degrees F (approx. 2 minutes.) Stir once after 15 minutes. Convection Oven: 300 degrees F (approx. 15 minutes.) Stir once after 10 minutes. Steamer: 5 lb pressure, 3-5 minutes. DO NOT STIR WHILE STEAMING. DO NOT OVERCOOK.
Butter or margarine (optional)	2 1/2 oz	1/3 cup	5 1/4 oz	2/3 cup	5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
Cheddar cheese, shredded (optional)	14 oz	1 qt	1 lb 12 oz	2 qt	6. Add approximately 1 1/4 oz (2 Tbsp 1 1/2 tsp) butter or margarine (optional) to each pan. Stir.
					7. Sprinkle 7 oz (2 cups) cheese (optional) over each pan.
					CCP Hold for hot service at 140 degrees F or higher.
					8. Portion with No. 16 scoop (1/4 cup). For best results, serve within 15 minutes.

SERVING:	YIELD:	VOLUME:
1/4 cup (no. 16 scoop) provides 1 large egg	50 Servings: 2 steamtable pans	50 Servings:
	100 Servings: 4 steamtable pans	100 Servings:

Special Tip:

50 servings: Use 1 lb 9 oz (2 qt 1/2 cup) dried whole eggs and 2 qt 1/2 cups water in place of shell eggs.

100 servings: Use 3 lb 2 oz (1 gal 1 cup) dried whole eggs and 1 gal 1 cup water in place of shell eggs.

Scrambled Eggs

Nutrients Per Serving					
Calories	87	Saturated Fat		Iron	1.1mg
Protein	7g	Cholesterol	277mg	Calcium	54mg
Carbohydrate	2g	Vitamin A	79 RE/263 IU	Sodium	151mg
Total Fat	6g	Vitamin C	.1mg	Dietary Fiber	
Thiamin	.05mg	Riboflavin	.17mg	Niacin	.04mg
Phosphorus	110mg	Potassium	101mg		

Spaghetti and Meat Sauce

Meat-Vegetable-Bread Alternate

Main Dishes

D-35

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	8 lb 10 oz		17 lb 4 oz		1. Brown ground beef. Drain. Add onions and garlic powder. Cook for 5 minutes.
Dehydrated onions OR	6 oz	1 3/4 cup	12 oz	3 1/2 cups	
*Fresh onions, chopped	3 lb	2 qt	6 lb	1 gal	
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	2. Add pepper, canned tomatoes, tomato paste, water, and seasonings. Simmer about 1 hour. CCP Heat to 155 degrees F or higher for at least 15 seconds.
Black pepper		1 1/2 tsp		1 Tbsp	
Canned tomatoes, with liquid, chopped	4 lb 4 oz	2/3 No. 10 can	8 lb 8 oz	1 1/3 No. 10 cans	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	
Water		1 1/2 qt		3 qt	
#Flaked basil		3 Tbsp 2 tsp		1/4 cup 3 Tbsp	
#Flaked oregano		3 Tbsp 2 tsp		1/4 cup 3 Tbsp	
#Flaked marjoram		2 Tbsp 2 tsp		1/4 cup 1 Tbsp	
#Flaked thyme		1 1/2 tsp		1 Tbsp	
Water		3 gal		6 gal	3. Heat water to rolling boil. Add salt.
Salt		1 Tbsp		2 Tbsp	
Spaghetti, broken into thirds	3 lb 1 oz		6 lb 2 oz		4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
					5. Stir hot spaghetti into hot meat sauce.
					6. Pour into serving pans.
					CCP Hold for hot service at 140 degrees F or higher.
					7. Portion 3/4 cup per serving.

Spaghetti and Meat Sauce

Comments:
*See Marketing Guide.

#Italian Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/2 cup 2 Tbsp Italian Seasoning Mix. For 100 servings, use 1 1/4 cups Italian Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	3 lb 7 oz	6 lb 14 oz

SERVING:	YIELD:	VOLUME:
3/4 cup provides 2 oz of cooked lean meat, 3/8 cup of vegetable, and 1 serving of bread alternate	50 Servings: about 2 3/4 gal	50 Servings:
	100 Servings: about 5 gal	100 Servings:

Nutrients Per Serving			
Calories	288	Saturated Fat	
Protein	18g	Cholesterol	49mg
Carbohydrate	16g	Vitamin A	75 RE/628 IU
Total Fat	12g	Vitamin C	14mg
Thiamin	.20mg	Riboflavin	.24mg
Phosphorus	180mg	Potassium	526mg
		Iron	3mg
		Calcium	44mg
		Sodium	191mg
		Dietary Fiber	
		Niacin	4.73mg

Spaghetti and Meat Sauce (Ground Beef and Ground Pork)

Meat-Vegetable-Bread Alternate

Main Dishes

D-35A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	5 lb 10 oz		11 lb 4 oz		1. Brown ground beef and ground pork. Drain. Add onions and garlic powder. Cook for 5 minutes.
Raw ground pork (no more than 24% fat)	3 lb		6 lb		
Dehydrated onions OR	6 oz	1 3/4 cup	12 oz	3 1/2 cups	2. Add pepper, canned tomatoes, tomato paste, water, and seasonings. Simmer about 1 hour. CCP Heat to 155 degrees F or higher for at least 15 seconds.
*Fresh onions, chopped	3 lb	2 qt	6 lb	1 gal	
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Black pepper		1 1/2 tsp		1 Tbsp	
Canned tomatoes, with liquid, chopped	4 lb 4 oz	2/3 No. 10 can	8 lb 8 oz	1 1/3 No. 10 cans	
Tomato paste	1 lb 12 oz	1/4 No. 10 can	3 lb 8 oz	1/2 No. 10 can	3. Heat water to rolling boil. Add salt.
Water		1 1/2 qt		3 qt	
#Flaked basil		3 Tbsp 2 tsp		1/4 cup 3 Tbsp	
#Flaked oregano		3 Tbsp 2 tsp		1/4 cup 3 Tbsp	
#Flaked marjoram		2 Tbsp 2 tsp		1/4 cup 1 Tbsp	
#Flaked thyme		1 1/2 tsp		1 Tbsp	
Water		3 gal		6 gal	
Salt		1 Tbsp		2 Tbsp	4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
Spaghetti, broken into thirds	3 lb 1 oz		6 lb 2 oz		
					5. Stir hot spaghetti into hot meat sauce.
					6. Pour into serving pans.
					CCP Hold for hot service at 140 degrees F or higher.
					7. Portion 3/4 cup per serving.

Spaghetti and Meat Sauce (Ground Beef and Ground Pork)

Comments:
*See Marketing Guide.

#Italian Seasoning Mix (see G-1, Sauces and Gravies) may be used to replace these ingredients. For 50 servings, use 1/2 cup 2 Tbsp Italian Seasoning Mix. For 100 servings, use 1 1/4 cups Italian Seasoning Mix.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	3 lb 7 oz	6 lb 14 oz

SERVING:	YIELD:	VOLUME:
3/4 cup provides 2 oz of cooked lean meat, 3/8 cup of vegetable, and 1 serving of bread alternate	50 Servings: about 2 3/4 gal	50 Servings:
	100 Servings: about 5 gal	100 Servings:

Sweet and Sour Pork

Meat-Vegetable/Fruit

Main Dishes

D-36

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Boneless pork, 1-inch cubes	14 lb		28 lb		1. Trim all visible fat from pork cubes.
Vegetable oil		1/4 cup		1/2 cup	2. Brown pork cubes in oil. Drain.
Canned pineapple chunks, in juice	3 lb 5 oz	1/2 No. 10 can	6 lb 10 oz	1 No. 10 can	3. Drain pineapple, reserving juice. For 50 servings, reserve 1 1/4 qt juice. For 100 servings, reserve 2 1/2 qt juice. (If necessary, add water to juice to make the specific measure.) Set pineapple aside for step 8.
Chicken stock		3 qt		1 1/2 gal	4. Add stock, vinegar, brown sugar, soy sauce, tomato paste, and pineapple juice to pork. Bring to boil. Reduce heat. Cover. Simmer over medium heat for 30 minutes.
Vinegar		2 cups		1 qt	
Brown sugar, packed	8 oz	1 cup 2 Tbsp	1 lb	2 1/4 cups	
Soy sauce		1 cup		2 cups	
Tomato paste	9 1/4 oz	1 cup	1 lb 2 1/2 oz	2 cups	
*Carrots, pared and sliced	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	5. Add carrots. Cover. Simmer for 15 minutes.
*Green pepper, strips	12 oz	3 1/2 cups	1 lb 8 oz	1 qt 2 3/4 cups	6. Add green pepper and celery. Cover. Simmer for 5 minutes.
*Celery, sliced	12 oz	3 cups	1 lb 8 oz	1 1/2 qt	
Cornstarch	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups	7. Combine cornstarch and water. Mix until smooth.
Water		1 1/2 cups		3 cups	
					8. Add cornstarch mixture and pineapple. Stir well and cook over medium heat until thickened, 6-8 minutes.
					CCP Heat to 165 degrees F or higher for at least 15 seconds.
					9. Pour into serving pans.
					CCP Hold for hot service at 140 degrees F or higher.
					10. Serve with 6-oz ladle (3/4 cup) over cooked rice.

Comments:

*See Marketing Guide.

Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Carrots	1 lb 7 oz	2 lb 14 oz
Green pepper	15 oz	1 lb 14 oz

Sweet and Sour Pork

Meat-Vegetable/Fruit	Main Dishes	D-36
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Celery	14 1/2 oz	1 lb 13 oz
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SERVING:	YIELD:	VOLUME:
3/4 cup (6-oz ladle) provides 2 oz of cooked lean meat and 1/4 cup of vegetable and fruit	50 Servings: about 2 1/2 gal	50 Servings:
	100 Servings: about 5 gal	100 Servings:

Nutrients Per Serving					
Calories	222	Saturated Fat		Iron	1.8mg
Protein	16g	Cholesterol	55mg	Calcium	29mg
Carbohydrate	17g	Vitamin A	275 RE/2608 IU	Sodium	839mg
Total Fat	10g	Vitamin C	12mg	Dietary Fiber	
Thiamin	.32mg	Riboflavin	.17mg	Niacin	2.85mg
Phosphorus	156mg	Potassium	401mg		

Tuna and Noodles

Meat-Bread Alternate

Main Dishes

D-37

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal		4 gal	1. Heat water to rolling boil.
Noodles	2 lb 8 oz	1 gal 3 1/2 qt	5 lb	3 3/4 gal	2. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK.
Butter or margarine	8 oz	1 cup	1 lb	2 cups	3. Melt butter or margarine. Add celery and onions. Cook over medium heat for 5-6 minutes.
*Celery, chopped	1 lb	3 3/4 cups	2 lb	1 qt 3 1/2 cups	
Dehydrated onions OR		1/2 cup	3 1/2 oz	1 cup	
*Fresh onions, chopped	14 oz	2 1/4 cups	1 lb 12 oz	1 qt 3/4 cup	4. Add flour and stir until smooth.
All-purpose flour	8 oz	1 3/4 cups	1 lb	3 1/2 cups	
Reconstituted nonfat dry milk		1 gal		2 gal	5. Add milk, chicken stock, pepper, parsley flakes, and salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.
Chicken stock		1 gal		2 gal	
Black or white pepper		1 1/2 tsp		1 Tbsp	
Parsley flakes		1/2 cup		1 cup	
Salt		1 tsp		2 tsp	
Tuna, water-packed, chunk light, drained and flaked	6 lb 6 oz	2 66 1/2-oz cans	12 lb 12 oz	4 66 1/2-oz cans	6. Add cooked noodles, tuna, and lemon juice, Stir gently to combine. Cook over medium heat for 6-8 minutes.
					CCP Heat to 165 degrees F or higher for at least 15 seconds.
Reconstituted frozen lemon juice concentrate		2/3 cup		1 1/3 cups	7. Pour into serving pans. Hold for 30 minutes on a 180-190 degree F steam table to allow sufficient time for mixture to set up properly.
					CCP Hold for hot service at 140 degrees F or higher.
					8. Portion with 8-oz ladle (1 cup).

Tuna and Noodles

Meat-Bread Alternate

Main Dishes

D-37

Comments:
*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Celery	1 lb 3 1/2 oz	2 lb 7 oz
Mature onions	1 lb	2 lb

SERVING:	YIELD:	VOLUME:
1 cup (8-oz ladle) provides 2 oz of cooked fish and 1 serving of bread alternate	50 Servings: about 3 1/4 gal 100 Servings: about 6 1/2 gal	50 Servings: 100 Servings:

Nutrients Per Serving			
Calories	261	Saturated Fat	
Protein	27g	Cholesterol	78mg
Carbohydrate	24g	Vitamin A	76 RE/292 IU
Total Fat	6g	Vitamin C	2.5mg
Thiamin	.15mg	Riboflavin	.25mg
Phosphorus	267mg	Potassium	410mg
		Iron	2.2mg
		Calcium	134mg
		Sodium	808mg
		Dietary Fiber	
		Niacin	10.76mg

Turkey and Dressing Supreme

Meat-Bread

Main Dishes

D-38

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Lightly oil steam table pans (12" x20" x2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Bread cubes, soft	3 lb 2 oz	2 1/4 gal	6 lb 4 oz	4 1/2 gal	2. For dressing: Combine bread cubes, seasoning, onions, and butter or margarine in a bowl. Mix lightly until well blended.
Poultry seasoning		2 tsp		1 Tbsp 1 tsp	
Black or white pepper		2 tsp		1 Tbsp 1 tsp	
Thyme (optional)		2 Tbsp		1/4 cup	
Dehydrated onions OR		1/4 cup 2 Tbsp	2 1/2 oz	3/4 cup	
*Fresh onions, chopped	8 oz	1 1/3 cups	1 lb	2 2/3 cups	
Butter or margarine, melted	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
Chicken stock		2 qt		1 gal	3. Add stock to bread mixture. Mix gently until dressing is moist.
					4. Spread 4 lb (1 gal 1 3/4 qt) of dressing evenly into each steam table pan.
*Cooked turkey, chopped	6 lb 4 oz	1 1/4 gal	12 lb 8 oz	2 1/2 gal	5. Cover each pan of dressing with 3 lb 2 oz (2 1/2 qt) cooked, chopped turkey.
Butter or margarine	6 oz	3/4 cup	12 oz	1 1/2 cups	6. For gravy: Melt fat. Blend in flour and salt. Stir frequently until mixture is light brown, 8-10 minutes.
All-purpose flour	7 oz	1 1/2 cup 2 Tbsp	14 oz	2 2/3 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Chicken stock		3 qt		1 1/2 gal	7. Gradually add stock to flour mixture. Stir to blend well. Cook until thickened, 8-10 minutes.
					8. Pour 1 1/4 qt gravy over each pan of turkey and dressing.
					9. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 350 degrees F (approx. 30 minutes) Convection Oven: 325 degrees F (approx. 30 minutes)
					10. CCP Hold for hot service at 140 degrees F or higher. Cut each pan 5 x5 (25 portions per pan). If desired, serve with extra gravy.

Turkey and Dressing Supreme

Comments:
*See Marketing Guide.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Mature onions	9 1/4 oz	1 lb 2 1/2 oz
Turkey, whole, without neck and giblets	13 lb 5 oz	26 lb 10 oz

SERVING:	YIELD:	VOLUME:
1 portion provides 2 oz of cooked poultry and 1 servings of bread	50 Servings: 2 steamtable pans	50 Servings:
	100 Servings: 4 steamtable pans	100 Servings:

Nutrients Per Serving			
Calories	272	Saturated Fat	Iron 1.9mg
Protein	20g	Cholesterol 66mg	Calcium 46mg
Carbohydrate	19g	Vitamin A 77 RE/326 IU	Sodium 956mg
Total Fat	12g	Vitamin C .4mg	Dietary Fiber
Thiamin	.13mg	Riboflavin .15mg	Niacin 4.03mg
Phosphorus	159mg	Potassium 222mg	

Chicken Stir-Fry

Meat-Vegetable

Main Dishes

D-39

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium soy sauce		1 cup		2 cups	1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups	
Ground ginger		1/2 tsp		1 tsp	
Granulated garlic		3 Tbsp		6 Tbsp	
White pepper		2 tsp		1 Tbsp 1 tsp	
Low-sodium chicken stock, non-MSG		2 qt		1 gal	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
*Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal	3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, 1/4" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt	Prepare no more than 50 portions per batch.
*Onions, diced OR	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	4. Sauté sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
#Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb		
Vegetable oil		1/2 cup		1 cup	
Skinless, boneless chicken breasts, cut 2"x 2"	9 lb		18 lb		5. Sauté chicken in oil for 3 to 5 minutes. CCP Heat to 165 degrees F or higher for at least 15 seconds. Add chicken to vegetables in steam table pan. Add sauce and mix to coat chicken and vegetables.
Vegetable oil		1 cup		2 cups	6. CCP Hold for hot service at 140 degrees F or higher.

Comments:

*See Marketing Guide.

#If using Oriental vegetables, add frozen vegetables to sautéed chicken in Step 5.

Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Broccoli	6 lb 15 oz	13 lb 14 oz
Carrots	8 lb 1 oz	16 lb 2 oz
Onions	1 lb 7 oz	2 lb 14 oz

Chicken Stir-Fry

SERVING:	YIELD:	VOLUME:
1 cup (2 No.8 scoops) provides 2 oz of meat and 5/8 cup of vegetable	50 Servings: 23 lb 4 oz 100 Servings: 46 lb 8 oz	50 Servings: 100 Servings:

Special Tips:

1) For an authentic Oriental flavor, substitute 1/4 cup of sesame oil for 1/4 cup of vegetable oil to sauté chicken, for each 50 servings.

2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

Nutrients Per Serving					
Calories	208	Saturated Fat	1.4g	Iron	1.5mg
Protein	22g	Cholesterol	47mg	Calcium	51mg
Carbohydrate	12g	Vitamin A	1355 RE/13640 IU	Sodium	251mg
Total Fat	8.1g	Vitamin C	46mg	Dietary Fiber	3g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Beef Stir-Fry

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium soy sauce		1 cup		2 cups	1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups	
Ground ginger		1/2 tsp		1 tsp	
Granulated garlic		3 Tbsp		6 Tbsp	
White pepper		2 tsp		1 Tbsp 1 tsp	
Low-sodium chicken stock, non-MSG		2 qt		1 gal	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
*Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal	3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, 1/4" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt	Prepare no more than 50 portions per batch.
*Onions, diced OR	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	4. Sauté sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
#Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb		
Vegetable oil		1/2 cup		1 cup	
Boneless beef top round, cut in 1/2" cubes	10 lb 4 oz		20 lb 8 oz		5. Sauté beef cubes in oil for 2 to 3 minutes, until no signs of pink remain. CCP Heat to 165 degrees F or higher for at least 15 seconds. Add beef to vegetables in steam table pan. Add sauce and mix to coat beef and vegetables.
Vegetable oil		1 cup		2 cups	6. CCP Hold for hot service at 140 degrees F or higher.

Comments:
*See Marketing Guide.

#If using Oriental vegetables, add frozen vegetables to sautéed chicken in Step 5.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Broccoli	6 lb 15 oz	13 lb 14 oz
Carrots	8 lb 1 oz	16 lb 2 oz
Onions	1 lb 7 oz	2 lb 14 oz

Beef Stir-Fry

Meat-Vegetable	Main Dishes	D-39A
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SERVING:	YIELD:	VOLUME:
1 cup (2 No.8 scoops) provides 2 oz of meat and 5/8 cup of vegetable	50 Servings: 23 lb 4 oz 100 Servings: 46 lb 8 oz	50 Servings: 100 Servings:

Special Tips:
1) For an authentic Oriental flavor, substitute 1/4 cup of sesame oil for 1/4 cup of vegetable oil to sauté beef, for each 50 servings.

2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

Pork Stir-Fry

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium soy sauce		1 cup		2 cups	1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups	
Ground ginger		1/2 tsp		1 tsp	
Granulated garlic		3 Tbsp		6 Tbsp	
White pepper		2 tsp		1 Tbsp 1 tsp	
Low-sodium chicken stock, non-MSG		2 qt		1 gal	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
*Fresh broccoli, chopped	5 lb 10 oz	2 gal	11 lb 4 oz	4 gal	3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, 1/4" slices	5 lb 10 oz	1 gal 2 cups	11 lb 4 oz	2 gal 1 qt	Prepare no more than 50 portions per batch.
*Onions, diced OR	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	4. Sauté sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steam table pan. Keep warm.
#Frozen mixed Oriental vegetables	12 lb 8 oz	3 gal 2 qt	25 lb		
Vegetable oil		1/2 cup		1 cup	
Boneless pork shoulder or loin, cut 1/2" cubes	11 lb 9 oz		23 lb 2 oz		5. Sauté pork cubes in oil for 3 to 5 minutes, until no signs of pink remain. CCP Heat to 165 degrees F or higher for at least 15 seconds. Add pork to vegetables in steam table pan. Add sauce and mix to coat pork and vegetables.
Vegetable oil		1 cup		2 cups	6. CCP Hold for hot service at 140 degrees F or higher.

Comments:
*See Marketing Guide

#If using Oriental vegetables, add frozen vegetables to sautéed chicken in Step 5.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Broccoli	6 lb 15 oz	13 lb 14 oz
Carrots	8 lb 1 oz	16 lb 2 oz
Onions	1 lb 7 oz	2 lb 14 oz

Pork Stir-Fry

Meat-Vegetable	Main Dishes	D-39B
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SERVING:	YIELD:	VOLUME:
1 cup (2 No.8 scoops) provides 2 oz of meat and 5/8 cup of vegetable	50 Servings: 23 lb 4 oz 100 Servings: 46 lb 8 oz	50 Servings: 100 Servings:

Special Tips:
1) For an authentic Oriental flavor, substitute 1/4 cup of sesame oil for 1/4 cup of vegetable oil to sauté pork, for each 50 servings.

2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

Chicken Fajitas

Meat-Vegetable-Grains/Breads

Main Dishes

D-40

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Marinade: Vegetable stock, non-MSG		2 cups		1 qt	1. Dissolve the cornstarch in the vegetable stock.
Cornstarch		1/4 cup		1/2 cup	2. Heat over medium heat until thickened. Cool.
Vegetable oil		2 cups		1 qt	3. Add the oil to the cooled, thickened stock mixture.
White Vinegar		2 cups		1 qt	4. Combine the white vinegar, sugar, white pepper, garlic powder, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
Sugar	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
White pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Chili powder		2 Tbsp		1/4 cup	
Ground cumin		1 1/4 tsp		2 1/2 tsp	
Dried oregano leaves		2 tsp		1 Tbsp 1 tsp	
Raw, boned, skinless chicken breast, 1/2" slices	9 lb		18 lb		5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator.
					6. Drain the chicken. Discard any leftover marinade.
					7. Preheat grill to 350 degrees F. For each batch of fajitas, pour 2 cups of the marinade on the heated grill. Add 9 lb of the sliced chicken and sauté about 10 minutes. Remove to steam table pan.
Canned corn, drained OR	2 lb 4 oz	1/2 No. 10 can	4 lb 8 oz	1 No. 10 can	8. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.
Frozen corn	2 lb 4 oz		4 lb 8 oz		
*Onions, diced	12 oz	2 1/4 cups	1 lb 8 oz	1 qt 1/2 cup	
*Fresh green peppers, diced	8 oz	1 2/3 cups	1 lb	3 1/3 cups	
Canned tomatoes, drained, chopped	1 lb	1/4 No. 10 can	2 lb	1/2 No. 10 can	
Canned salsa	1 lb		2 lb		CCP Heat to 165 degrees F or higher for at least 15 seconds.
Flour tortillas, 7-inch		50 each		100 each	9. CCP Hold for hot service at 140 degrees F or higher.
					For each serving, place 1/2 cup (3 1/2 oz) of filling on each tortilla. If desired, fold or roll tortilla over filling.

Chicken Fajitas

Meat-Vegetable-Grains/Breads

Main Dishes

D-40

Comments:

*See Marketing Guide.

Marketing Guide

Food as Purchased

For 50 Svgs

For 100 Svg

Onions

14 oz

1 lb 12 oz

Green peppers

10 oz

1 lb 4 oz

SERVING:

YIELD:

VOLUME:

1 fajita provides 2 oz of cooked poultry, 1/8 cup of vegetable, and 1 serving of grains/breads

50 Servings: 12 lb 4 oz (filling)

50 Servings:

100 Servings: 24 lb 8 oz (filling)

100 Servings:

Special Tips:

1) If a grill is not available, a steam-jacketed kettle may be used to sauté the chicken.

2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.

3) This makes an attractive lunch plate when served with Refried Beans (I-15).

Nutrients Per Serving

Calories	306	Saturated Fat	1.5g	Iron	2.3mg
Protein	23g	Cholesterol	47mg	Calcium	68mg
Carbohydrate	33g	Vitamin A	29 RE/261 IU	Sodium	379mg
Total Fat	8.9g	Vitamin C	8mg	Dietary Fiber	2g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Chicken Tomato Bake

Meat-Vegetable-Grains/Breads

Main Dishes

D-41

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Elbow macaroni, uncooked	3 lb	2 qt 3 1/4 cups	6 lb	5 qt 2 1/2 cups	1. Cook elbow macaroni in a stock pot or steam-jacketed kettle, until firm-tender, about 8 minutes. Drain.
Chicken, cooked, diced	3 lb 2 oz	3 qt	6 lb 4 oz	1 gal 2 qt	2. Combine the pasta, chicken, tomato paste, cheddar cheese, marjoram, and salt in a large bowl. Mix well.
Tomato paste	12 oz	1 1/8 cup	1 lb 8 oz	2 1/4 cups	
Tomato sauce	4 lb	1 qt 3 1/4 cups	8 lb	3 qt 2 1/2 cups	
Water		2 cups		1 qt	
Lowfat cheddar cheese, shredded	6 oz	2 cups	12 oz	1 qt	3. Place 13 lb 6 oz of this mixture into each 12" x20" x2 1/2" steam table pan.
Dried marjoram		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Dry bread crumbs	2 oz	1/2 cup	4 oz	1 cup	4. Top each pan with 1/2 cup of breadcrumbs. Cover with foil or lid.
					5. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 350 degrees F, 30 minutes Convection Oven: 325 degrees F, 30 minutes
					6. Score each pan 5x10 with a spatula. CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
1 cup provides 1 oz of meat, 1/4 cup of vegetable, and 1 serving of grains/breads.	50 Servings: 13 lb 3 oz 100 Servings: 26 lb 6 oz	50 Servings: 100 Servings:

Special Tips:
For a zestier flavor, substitute spaghetti sauce for the tomato sauce.

Chicken Tomato Bake

Nutrients Per Serving					
Calories	176	Saturated Fat	.8g	Iron	1.9mg
Protein	13g	Cholesterol	24mg	Calcium	34mg
Carbohydrate	25g	Vitamin A	59 RE/547 IU	Sodium	368mg
Total Fat	2.8g	Vitamin C	8mg	Dietary Fiber	2g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Chicken Tetrazzini

Meat-Vegetable-Grains/Breads

Main Dishes

D-42

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain and hold in cold water. Set aside.
Salt		2 tsp		1 Tbsp 1 tsp	
Spaghetti, broken in thirds	3 lb 1 oz		6 lb 2 oz		
Vegetable oil		1/4 cup		1/2 cup	2. In a steam-jacketed kettle or large sauce pan, heat the vegetable oil. Add the vegetable mix or frozen vegetables, mushrooms, and pimientos (optional). Sauté vegetables 5 minutes or until tender. Set aside.
Vegetable mix: *Onions, diced	1 lb	3 cups	2 lb	1 qt 2 cups	
*Fresh carrots, diced	1 lb	3 cups	2 lb	1 qt 2 cups	
*Fresh celery, diced	8 oz	2 cups	1 lb	1 qt	
*Fresh green peppers, diced OR	4 oz	1 cup	8 oz	2 cups	
Frozen mixed vegetables	2 lb 8 oz		5 lb		
*Fresh mushrooms, sliced OR	1 lb 4 oz	1 3/4 cups	2 lb 8 oz	3 1/2 cups	
Canned sliced mushrooms, drained	10 oz	1 2/3 cups	1lb 4 oz	3 1/3 cups	
Canned pimientos, diced, drained (optional)	8 oz	1 cup	1 lb	2 cups	
Margarine or butter	8 oz	1 cup	1lb	2 cups	3. Melt the margarine or butter in a steam-jacketed kettle or stock pot. Add flour and cook for 3 minutes.
All-purpose flour	8 oz	1 1/2 cups	1 lb	3 cups	
Lowfat milk, hot		2 qt 2 cups		1 gal 1 qt	4. Slowly add the milk to the flour mixture. Simmer, stirring frequently, until the mixture is thickened at 180 degrees F. Add chicken stock, pepper, onion powder, and garlic, and simmer for 5 minutes.
Chicken stock		1 qt 2 cups		3 qt	
White pepper		1 tsp		2 tsp	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Chicken, cooked, diced	6 lb 4 oz	1 gal 2 qt	12 lb 8 oz	3 gal	5. In each 12" x 20" x2 1/2" steam table pan, combine 3 lb 12 oz (3qt) of cooked spaghetti, 3 lb 2 oz (3 qt) of cooked diced chicken, 1 qt of cooked vegetables, and 2 qt 1 cup of sauce.

Chicken Tetrizzini

Meat-Vegetable-Grains/Breads

Main Dishes

D-42

Parmesan cheese, shredded	4 oz	1 cup	8 oz	2 cups	6. Sprinkle 1/2 cup of Parmesan cheese on top of each pan.
					7. CCP Heat to 165 degrees F or higher for at least 15 seconds.
					Conventional Oven: 350 degrees F, 30 minutes Convection Oven: 350 degrees F, 40 minutes. Bake until golden brown.
					8. Cut each pan 5x5.
					CCP Hold for hot service at 140 degrees F or higher.

Comments:

*See Marketing Guide.

Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Green peppers	5 oz	10 oz
Onions	1 lb 3 oz	2 lb 5 oz
Carrots	1 lb 7 oz	2 lb 14 oz
Celery	10 oz	1 lb 4 oz
Mushrooms	1 lb 4 1/2 oz	2 lb 9 oz

SERVING:	YIELD:	VOLUME:
3/4 cup provides 2 oz of meat, 1/8 cup of vegetable, and 1 serving of grains/breads.	50 Servings: 24 lb 13 oz	50 Servings:
	100 Servings: 49 lb 10 oz	100 Servings:

Special Tips:

Roasted turkey can be easily substituted for chicken.

Chicken Tetrazzini

Nutrients Per Serving					
Calories	301	Saturated Fat	2.8g	Iron	2.1mg
Protein	22g	Cholesterol	51mg	Calcium	112mg
Carbohydrate	28g	Vitamin A	319 RE/2613 IU	Sodium	400mg
Total Fat	10.4g	Vitamin C	4mg	Dietary Fiber	2g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Beef Shepherds Pie

Meat-Vegetable

Main Dishes

D-43

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef, no more than 24% fat	8 lb 12 oz	1 gal 3 cups	17 lb 8 oz	2 gal 1qt 2 cups	1. Brown ground beef. Drain fat.
*Onions, diced OR	8 oz	2 cups	1 lb	1 qt	2. Add onions to ground beef and sauté for 5 minutes or until translucent.
Dried onions	1 oz	1/4 cup 1 Tbsp	2 oz	1/2 cup 2 Tbsp	
Frozen sliced carrots OR	2 lb 6 oz		4 lb 12 oz		
Frozen peas	2 lb 6 oz		4 lb 12 oz		3. Mix frozen carrots and frozen peas into ground beef mixture. Set aside.
Frozen mixed vegetables	4 lb 12 oz		9 lb 8 oz		
Beef stock, low-sodium, non-MSG		2 qt		1 gal	4. Heat beef stock in steam-jacketed kettle to boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Reheat to a boil.
Cornstarch	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups	
Cold water		1 cup		2 cups	
Thyme leaf		1 Tbsp		2 Tbsp	5. Add thyme, onion salt, black pepper, and salt to cornstarch gravy.
Onion salt		2 tsp		1 Tbsp 1 tsp	6. Add gravy to ground beef mixture.
Ground black pepper		2 tsp		1 Tbsp 1 tsp	7. Pour 3 qt 3 cups (7 lb 8 oz) of ground beef mixture into each 12" x20" x2 1/2" steam table pan.
Salt		2 tsp		1 Tbsp 1 tsp	
Boiling water		1 gal 2 cups		2 gal 1 qt	8. Place boiling water and hot milk in a large mixer bowl. Add margarine, potato flakes, and salt. Mix with a paddle for 1 minute, until well blended.
Lowfat milk		1 qt 2 cups		3 qt	
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups	
Potato flakes	2 lb		4 lb		9. Spread 3 qt (6 lb 5 oz) of mashed potatoes over the ground beef mixture in each steam table pan. Spray top of potatoes lightly with vegetable oil. Sprinkle with paprika.
Salt		2 1/2 tsp		1 Tbsp 2 tsp	10. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 375 degrees F, 45 minutes Convection Oven: 350 degrees F, 30 minutes.

Beef Shepherds Pie

			CCP Hold for hot service at 140 degrees F or higher.
Paprika	1 tsp	2 tsp	11. Each pan serves 25.

Comments:
*See Marketing Guide.

SERVING:	YIELD:	VOLUME:
1 piece provides 2 oz of meat and 3/4 cup of vegetable	50 Servings: 26 lb 6 oz	50 Servings:
	100 Servings: 52 lb 12 oz	100 Servings:

Special Tip:
A variety of frozen vegetables, such as corn, green and red peppers, and mushrooms may be used to increase the flavor combinations.

Nutrients Per Serving					
Calories	319	Saturated Fat	5.5g	Iron	2.3mg
Protein	21g	Cholesterol	57mg	Calcium	67mg
Carbohydrate	24g	Vitamin A	505 RE/4709 IU	Sodium	437mg
Total Fat	15.4g	Vitamin C	19mg	Dietary Fiber	3g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Honey-Lemon Chicken

Meat

Main Dishes

D-44

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 qt		2 qt	1. Combine water, honey, lemon juice, salt, and pepper in a bowl. Set aside.
Honey	1 lb 7 oz	2 cups	2 lb 14 oz	1 qt	
Lemon juice		1 cup		2 cups	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
White pepper		2 tsp		1 Tbsp 1 tsp	
Chicken thighs	14 lb 12 oz	50 ea	29 lb 8 oz	100 ea	2. Remove skin from thighs. Discard. Place 25 chicken thighs in each 12" x20" x 2 1/2" steam table pan. 3. To Bake: Conventional Oven: 400 degrees F, 20 minutes Convection Oven: 375 degrees F, 20 minutes.
					4. Drain fat and discard.
					5. Pour 3 1/2 cups of honey-lemon mixture over each pan of chicken thighs.
					6. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 350 degrees F, 15 minutes Convection Oven: 325 degrees F, 15 minutes. Bake until golden brown.
					7. For glazed appearance, baste after 10 minutes. CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
1 piece provides 2 oz of cooked poultry	50 Servings: 9 lb 3 oz	50 Servings:
	100 Servings: 18 lb 6 oz	100 Servings:

Special Tips:

1) To remove skins easily, use a paper towel to grasp skin.

2) A honey-lemon sauce can be made from the baked pan liquids. For each 50 servings, dissolve 1 cup cornstarch in 1/2 cup cold water. Drain liquid from cooked chicken, remove fat, and strain. Heat 1 qt of honey-lemon sauce until it simmers, 180 degrees F. Add cornstarch-water mixture and simmer until thickened. Pour over chicken before serving. This can be used as a sauce for vegetables or rice.

Honey-Lemon Chicken

3) The unbaked honey-lemon sauce may also be used as a marinade. Pour the sauce over the chicken thighs and refrigerate overnight before baking.

Nutrients Per Serving					
Calories	122	Saturated Fat	1.7g	Iron	.8mg
Protein	15g	Cholesterol	54mg	Calcium	7mg
Carbohydrate	1g	Vitamin A	11 RE/37 IU	Sodium	62mg
Total Fat	6.2g	Vitamin C	0mg	Dietary Fiber	0g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Beef Taco Pie

Meat-Vegetable-Grains/Breads

Main Dishes

D-45

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Lean ground beef (no more than 24% fat)	5 lb 14 oz		11 lb 12 oz		1. Brown ground beef.
Taco seasoning mix OR	6 oz	1 cup	12 oz	2 cups	2. Drain the fat from the ground beef and discard.
#Mexican Seasoning Mix	4 oz	3/4 cup	8 oz	1 1/2 cups	3. Sprinkle the taco seasoning mix over the drained beef.
Water		2 1/2 cups		1 qt 1 cup	4. Add water and allow to simmer for 15 minutes.
Salsa	2 lb	3 1/2 cups	4 lb	1 qt 3 cups	5. In a bowl, combine salsa, tomato paste, water and taco seasoning mix.
Tomato paste	2 lb	1 qt	4 lb	2 qt	
Water		1 qt		2 qt	
Taco seasoning mix OR	4 oz	3/4 cup	8 oz	1 1/2 cups	
#Mexican Seasoning Mix	3 oz	1/2 cup	6 oz	1 cup	
Flour tortillas, 8-inch		40 each		80 each	6. Cut tortillas in halves.
Lowfat cheddar cheese, grated	2 lb	2 qt	4 lb	1 gal	
					Assembly: 7. Coat or spray bottom of pan with vegetable oil. Into each 12" x20" x2 1/2" steam table pan, lay 16 half-tortillas to form the bottom layer.
					8. On top of the tortillas, distribute 1 lb 3 oz (3 1/2 cups) of the meat mixture. Next, spread 2 cups (1 lb 3 oz) of the taco sauce over the meat mixture and sprinkle 1 1/2 cups (6 oz) of the grated cheese over the taco sauce.
					9. For the middle layer, lay 12 half-tortillas on top of the taco sauce. Repeat step 8. For the top layer, lay 12 half-tortillas on top of the taco sauce. Spread 2 cups (1 lb 3 oz) of taco sauce on top. Sprinkle 1 cup (4 oz) of grated cheese evenly over the taco sauce.
					10. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 350 degrees F, 30 minutes, covered Convection Oven: 325 degrees F, 20 minutes, covered
					11. Let pie rest for 5 minutes before portioning. Cut each pan into 25 pieces. CCP Hold for hot service at 140 degrees F or higher.

Beef Taco Pie

Comments:
#Mexican Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes. Add 1/4 cup of sugar and 1 Tbsp salt per each quart of mix.)

SERVING:	YIELD:	VOLUME:
1 piece provides 2 oz of meat, 1/4 cup of vegetable, and 3/4 serving of grains/breads	50 Servings: 16 lb 13 oz 100 Servings: 33 lb 10 oz	50 Servings: 100 Servings:

Nutrients Per Serving			
Calories	311	Saturated Fat	4g
Protein	20g	Cholesterol	42mg
Carbohydrate	31g	Vitamin A	166 RE/1585 IU
Total Fat	11.9g	Vitamin C	10mg
Thiamin		Riboflavin	
Phosphorus		Potassium	
		Iron	4.2mg
		Calcium	161mg
		Sodium	462mg
		Dietary Fiber	4g
		Niacin	

Taco Pie with Salad Topping

Meat-Vegetable-Grains/Breads

Main Dishes

D-45A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Lean ground beef (no more than 24% fat)	5 lb 14 oz		11 lb 12 oz		1. Brown ground beef.
Taco seasoning mix OR	6 oz	1 cup	12 oz	2 cups	2. Drain the fat from the ground beef and discard.
#Mexican Seasoning Mix	4 oz	3/4 cup	8 oz	1 1/2 cups	3. Sprinkle the taco seasoning mix over the drained beef.
Water		2 1/2 cups		1 qt 1 cup	4. Add water and allow to simmer for 15 minutes.
Salsa	2 lb	3 1/2 cups	4 lb	1 qt 3 cups	5. In a bowl, combine salsa, tomato paste, water and taco seasoning mix.
Tomato paste	2 lb	1 qt	4 lb	2 qt	
Water		1 qt		2 qt	
Taco seasoning mix OR	4 oz	3/4 cup	8 oz	1 1/2 cups	
#Mexican Seasoning Mix	3 oz	1/2 cup	6 oz	1 cup	
Flour tortillas, 8-inch		40 each		80 each	6. Cut tortillas in halves.
Lowfat cheddar cheese, grated	2 lb	2 qt	4 lb	1 gal	
					Assembly: 7. Coat or spray bottom of pan with vegetable oil. Into each 12" x20" x2 1/2" steam table pan, lay 16 half-tortillas to form the bottom layer.
					8. On top of the tortillas, distribute 1 lb 3 oz (3 1/2 cups) of the meat mixture. Next, spread 2 cups (1 lb 3 oz) of the taco sauce over the meat mixture and sprinkle 1 1/2 cups (6 oz) of the grated cheese over the taco sauce.
					9. For the middle layer, lay 12 half-tortillas on top of the taco sauce. Repeat step 8. For the top layer, lay 12 half-tortillas on top of the taco sauce. Spread 2 cups (1 lb 3 oz) of taco sauce on top. Sprinkle 1 cup (4 oz) of grated cheese evenly over the taco sauce.
					10. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 350 degrees F, 30 minutes, covered Convection Oven: 325 degrees F, 20 minutes, covered
					11. Let pie rest for 5 minutes before portioning. Cut each pan into 25 pieces.
					CCP Hold for hot service at 140 degrees F or higher.

Taco Pie with Salad Topping

Meat-Vegetable-Grains/Breads

Main Dishes

D-45A

Salad Topping: Tomatoes, diced	1 lb	2 lb	12. Combine tomatoes and shredded lettuce to place on top of taco pie, 1 oz (1/4 cup) per serving.
Shredded lettuce	2 lb	4 lb	
Lowfat sour cream OR Lowfat yogurt			13. A dollop (1 Tbsp) of lowfat sour cream or lowfat yogurt may be used to garnish each serving.

Comments:
#Mexican Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes. Add 1/4 cup of sugar and 1 Tbsp salt per each quart of mix.)

SERVING:	YIELD:	VOLUME:
1 piece provides 2 oz of meat, 1/2 cup of vegetable, and 3/4 serving of grains/breads	50 Servings: 16 lb 13 oz 100 Servings: 33 lb 10 oz	50 Servings: 100 Servings:

Taco Pie with Beans

Meat-Vegetable-Grains/Breads

Main Dishes

D-45B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetarian beans, drained	5 lb 14 oz		11 lb 12 oz		1. Drain beans.
Taco seasoning mix OR	6 oz	1 cup	12 oz	2 cups	
#Mexican Seasoning Mix	4 oz	3/4 cup	8 oz	1 1/2 cups	2. Sprinkle the taco seasoning mix over the drained beans.
Water		2 1/2 cups		1 qt 1 cup	3. Add water and allow to simmer for 15 minutes.
Salsa	2 lb	3 1/2 cups	4 lb	1 qt 3 cups	4. In a bowl, combine salsa, tomato paste, water and taco seasoning mix.
Tomato paste	2 lb	1 qt	4 lb	2 qt	
Water		1 qt		2 qt	
Taco seasoning mix OR	4 oz	3/4 cup	8 oz	1 1/2 cups	
#Mexican Seasoning Mix	3 oz	1/2 cup	6 oz	1 cup	
Flour tortillas, 8-inch		40 each		80 each	5. Cut tortillas in halves.
Lowfat cheddar cheese, grated	2 lb	2 qt	4 lb	1 gal	
					Assembly: 6. Coat or spray bottom of pan with vegetable oil. Into each 12" x20" x2 1/2" steam table pan, lay 16 half-tortillas to form the bottom layer. (See diagram for placement.)
					7. On top of the tortillas, distribute 1 lb 3 oz (3 1/2 cups) of the bean mixture. Next, spread 2 cups (1 lb 3 oz) of the taco sauce over the meat mixture and sprinkle 1 1/2 cups (6 oz) of the grated cheese over the taco sauce.
					8. For the middle layer, lay 12 half-tortillas on top of the taco sauce. Repeat step 8. For the top layer, lay 12 half-tortillas on top of the taco sauce. Spread 2 cups (1 lb 3 oz) of taco sauce on top. Sprinkle 1 cup (4 oz) of grated cheese evenly over the taco sauce. 9. CCP Heat to 165 degrees F or higher for at least 15 seconds. Conventional Oven: 350 degrees F, 30 minutes, covered Convection Oven: 325 degrees F, 20 minutes, covered 10. Let pie rest for 5 minutes before portioning. Cut each pan into 25 pieces. CCP Hold for hot service at 140 degrees F or higher.

Taco Pie with Beans

Meat-Vegetable-Grains/Breads

Main Dishes

D-45B

Comments:
#Mexican Seasoning Mix (see G-1, Sauces, Gravies, and Seasoning Mixes. Add 1/4 cup of sugar and 1 Tbsp salt per each quart of mix.)

SERVING:	YIELD:	VOLUME:
1 piece provides 2 oz of meat, 1/4 cup of vegetable, and 3/4 serving of grains/breads	50 Servings: 16 lb 13 oz 100 Servings: 33 lb 10 oz	50 Servings: 100 Servings:

Baked Cajun Fish

Meat

Main Dishes

D-46

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Paprika		2 tsp		1 tbsp 1 tsp	1. Mix seasonings in a small bowl. Place in a spice shaker.
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Red pepper		3/4 tsp		1 1/2 tsp	2. Place 25 fish portions into each ungreased 12" x20" x 2 1/2 " steam table pan.
Black pepper		3/4 tsp		1 1/2 tsp	
White pepper		3/4 tsp		1 1/2 tsp	
Ground oregano		1 tsp		2 tsp	3. Sprinkle 1/4 cup of lemon juice and 3 Tbsp 1 tsp of seasoning mix over the top of each pan.
Ground thyme		1 tsp		2 tsp	
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each	
Margarine or butter, melted	6 oz	3/4 cup	12 oz	1 1/2 cups	4. Drizzle 3/8 cup of melted margarine over the seasonings.
Lemon juice		1/2 cup		1 cup	
					5. CCP Heat to 145 degrees F or higher for at least 15 seconds.
					Conventional Oven: 350 degrees F, 20 minutes Convection Oven: 350 degrees F, 15 minutes Fish should flake easily with a fork.
					6. CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
1 portion provides 2 oz of cooked fish	50 Servings: 7 lb 14 oz	50 Servings:
	100 Servings: 15 lb 12 oz	100 Servings:

Special Tips:

1) For best results, batch-cook fish throughout the meal.

2) Boneless, skinless chicken breasts or thighs may be substituted for the fish.

CCP Bake chicken to 165 degrees F or higher for at least 15 seconds.

Baked Cajun Fish

Nutrients Per Serving					
Calories	141	Saturated Fat	1.3g	Iron	.4mg
Protein	16g	Cholesterol	51mg	Calcium	25mg
Carbohydrate	0g	Vitamin A	69 RE/275 IU	Sodium	136mg
Total Fat	7.8g	Vitamin C	1mg	Dietary Fiber	0g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Baked Fish Scandia

Meat

Main Dishes

D-47

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Dry bread crumbs	8 oz	2 cups	1 lb	1 qt	1. In a bowl, mix bread crumbs, lemon juice, onion salt, white pepper, hot pepper sauce, and parsley.
Lemon juice		1/2 cup		1 cup	
Onion salt		2 tsp		1 Tbsp 1 tsp	
White pepper		1/2 tsp		1 tsp	
Hot pepper sauce		1/2 tsp		1 tsp	
Dried parsley		1/4 cup		1/2 cup	
Vegetable oil		1/4 cup		1/2 cup	2. Oil each 12" x20" x2 1/2" steam table pan with 2 Tbsp oil.
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each	3. Place 25 fish portions into each oiled steam table pan.
Plain lowfat yogurt	1 lb 10 oz	3 1/4 cups	3 lb 4 oz	1 qt 2 1/2 cups	4. Cover each portion with a No. 60 scoop (1 Tbsp) of lowfat yogurt.
Lowfat cheddar cheese, grated	6 oz	1 1/2 cups	12 oz	3 cups	5. Sprinkle 3 oz of cheese, per pan, on top of lowfat yogurt.
					6. Sprinkle 1 Tbsp of crumb mixture on top of each portion.
					7. CCP Heat to 145 degrees F or higher for at least 15 seconds.
					Conventional Oven: 400 degrees F, 25 minutes Convection Oven: 350 F, 25 minutes Fish should flake easily with a fork.
					7. CCP Hold for hot service at 140 degrees F or higher.

SERVING:	YIELD:	VOLUME:
1 portion provides 2 oz of cooked fish	50 Servings: 9 lb 6 oz	50 Servings:
	100 Servings: 18 lb 12 oz	100 Servings:

Baked Fish Scandia

Nutrients Per Serving					
Calories	159	Saturated Fat	1.3g	Iron	.7mg
Protein	19g	Cholesterol	53mg	Calcium	75mg
Carbohydrate	5g	Vitamin A	35 RE/135 IU	Sodium	176mg
Total Fat	6.8g	Vitamin C	1mg	Dietary Fiber	0g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Arroz con Queso (Rice With Cheese)

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-48

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Long-grain white rice	2 lb 4 oz	1 qt 1 cup	4 lb 8 oz	2 qt 2 cups	1. Cook rice in stockpot or steam-jacketed kettle, covered, for 12 minutes or until tender.
Water		2 qt 1 cup		1 gal 2 cups	
*Onions, chopped OR	1 lb 8 oz	2 qt 2 cups	3 lb	1 gal 1 qt	2. Combine all ingredients through pinto beans and add to rice. Spread 1 gal 1 qt (11 lb) in each 12" x20" x2 1/2" steam table pan. CCP Heat to 140 degrees F or higher. Heat in: Conventional Oven: 350 degrees F, 35 minutes Convection Oven: 325 degrees F, 30 minutes
#Dried onions	3 oz	1 cup	6 oz	2 cups	
*Canned mild green chilies, drained, chopped	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
*Canned jalapeno peppers, drained, chopped	4 oz	1 cup	8 oz	2 cups	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Lowfat plain yogurt	3 lb	1 qt 2 cups	6 lb	3 qt	3. Sprinkle 3 cups (12 oz) of chopped tomatoes and 3 1/4 cups (12 oz) of cheddar cheese over top and bake for 5 minutes, until cheese is melted.
Lowfat milk		1 qt 1 cup		2 qt 2 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Monterey Jack cheese, shredded	2 lb	2 qt 2 cups	4 lb	1 gal 1 qt	
Lowfat cheddar cheese, shredded	1 lb 8 oz	1 qt 2 1/2 cups	3 lb	3 qt 1 cup	
Canned pinto beans, drained	4 lb		8 lb		4. Cut each pan 5 x5 (25 portions per pan). CCP Hold for hot service at 140 degrees F or higher.
*Fresh tomatoes, finely chopped	1 lb 8 oz	1 qt 2 cups	3 lb	3 qt	
Cheddar cheese, shredded	1 lb 8 oz	1 qt 2 1/2 cups	3 lb	3 qt 1 cup	

Arroz con Queso (Rice With Cheese)

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-48

Comments:
*See Marketing Guide.

#When using dried vegetables, add an equal amount of water. Do not drain before using.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Onions	1 lb 11 oz	3 lb 7 oz
Tomatoes	1 lb 9 oz	3 lb 1 oz

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides the equivalent of 1 1/2 oz of meat alternate, 1/8 cup of vegetable, and 3/4 serving of grains/breads	50 Servings: 23 lb 9 oz	50 Servings: 1 gal 2 qt 1 cup
OR provides the equivalent of 1 oz of cheese, 1/4 cup of vegetable, and 3/4 serving of grains/breads	100 Servings: 47 lb 2 oz	100 Servings: 3 gal 2 cups

Nutrients Per Serving					
Calories	291	Saturated Fat	7.4g	Iron	2mg
Protein	17g	Cholesterol	36mg	Calcium	399mg
Carbohydrate	28g	Vitamin A	120 RE/582 IU	Sodium	659mg
Total Fat	12g	Vitamin C	8mg	Dietary Fiber	2g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Vegetable Chili

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-49

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1/4 cup		1/2 cup	1. Heat the oil in a steam-jacketed kettle.
*Onions, chopped OR	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	2. Add the chopped onions and sauté 3 minutes, until translucent.
#Dehydrated onions	3 1/2 oz	1 cup	7 oz	2 cups	3. Add the chopped green peppers and sauté 2 minutes, until tender.
*Fresh green peppers, chopped OR	9 oz	2 cups	1 lb 2 oz	1 qt	
#Dried green peppers	1/2 oz	1/3 cup	1 oz	2/3 cup	
Chili powder	3 oz	3/4 cup	6 oz	1 1/2 cups	4. Add the chili powder, cumin, granulated garlic, onion salt, brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
Cumin	1 oz	1/4 cup	2 oz	1/2 cup	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Red hot sauce (optional)		1/4 cup		1/2 cup	
Brown sugar	4 oz	1/2 cup	8 oz	1 cup	
Canned crushed tomatoes	6 lb 11 oz	1 No. 10 can	13 lb 6 oz	2 No. 10 cans	
Canned diced tomatoes, drained	1 lb	2 1/2 cups	2 lb	1 qt 1 cup	
Canned kidney beans, drained	8 lb 1 oz	3 qt 1/2 cup	16 lb 2 oz	1 gal 2 qt 1 cup	5. Add the kidney beans, bulgur wheat, and water. Simmer 15 minutes, uncovered.
No.3 bulgur wheat	1 lb	3 cups	2 lb	1 qt 2 cups	
Water		1 qt		2 qt	
Lowfat plain yogurt	2 lb	1 qt	4 lb	2 qt	6. Add yogurt and stir to blend.
					CCP Heat to 140 degrees F or higher for at least 15 seconds.
Lowfat cheddar cheese, shredded	3 lb 2 oz	3 qt 1/2 cup	6 lb 4 oz	1 gal 2 qt 1 cup	7. CCP Hold for hot service at 140 degrees F or higher. Sprinkle 1/4 cup of cheddar cheese on top of each serving when served.

Vegetable Chili

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-49

Comments:
*See Marketing Guide.

#When using dried vegetables, rehydrate in an equal amount of water. Do no drain before using.

Marketing Guide		
Food as Purchased	For 50 Svgs	For 100 Svg
Onions	1 lb 7 oz	2 lb 14 oz
Green peppers	12 oz	1 lb 7 oz

SERVING:	YIELD:	VOLUME:
3/4 cup (6-oz ladle) provides the equivalent of 2 oz of cooked lean meat, 3/8 cup of vegetable, and 1/4 serving of grains/breads	50 Servings: 20 lb 6 oz 100 Servings: 40 lb 12 oz	50 Servings: 1 gal 3 qt 2 cups 100 Servings: 3 gal 3 qt

Special Tip:
This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).

Nutrients Per Serving					
Calories	201	Saturated Fat	1.7g	Iron	2.5mg
Protein	15g	Cholesterol	7mg	Calcium	214mg
Carbohydrate	27g	Vitamin A	126 RE/1130 IU	Sodium	637mg
Total Fat	4.5g	Vitamin C	17mg	Dietary Fiber	7g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

Vegetable Lasagna

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-50

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Lasagna noodles	2 lb 13 oz	45 each	5 lb 10 oz	90 each	1. Cook lasagna noodles in a stockpot or steam-jacketed kettle for 10 to 12 minutes, until tender. Drain.
Vegetable oil		1/4 cup		1/2 cup	2. In a pan, heat the vegetable oil. Add the zucchini, mushrooms, and onions. Sauté for 3 minutes, until tender. Stir in flour and cook for 3 minutes. Remove from heat and set aside.
*Fresh zucchini, sliced	1 lb	2 1/2 cups	2 lb	1 qt 1 cup	
*Fresh mushrooms, sliced OR	12 oz	1 qt 1 cup	1 lb 8 oz	2 qt 2 cups	
Canned mushrooms, sliced, drained	8 oz	1 cup	1 lb	2 cups	
*Onions, chopped	9 oz	1 1/2 cups	1 lb 2 oz	3 cups	
All-purpose flour	2 oz	1/2 cup	4 oz	1 cup	
Frozen broccoli pieces	2 lb 8 oz	3 qt	5 lb	1 gal 2 qt	3. Place broccoli in a 12" x20" x2 1/2" steam table pan and steam for 6 minutes, or until tender. Drain well and set aside.
Tomato sauce	8 lb 1 oz	1 No. 10 can + 3 cups	16 lb 2 oz	2 No. 10 cans + 1 qt 2 cups	4. In a steam kettle, heat the tomato sauce and tomato paste. Add the oregano and garlic powder. Simmer, uncovered, for 30 minutes.
Tomato paste	2 lb	3 1/2 cups	4 lb	1 qt 3 cups	
Dried oregano leaves		1/4 cup 2 Tbsp		3/4 cup	5. Add the sautéed vegetables and steamed broccoli to the tomato sauce. Stir to combine. Simmer for 10 minutes.
Garlic powder		1 3/4 tsp		1 Tbsp 1/2 tsp	
Lowfat cottage cheese, drained	8 lb	1 gal	16 lb	2 gal	6. In a large bowl, combine the lowfat cottage cheese, dried parsley, garlic salt, and bread crumbs. Mix well.
Dried parsley		1/4 cup		1/2 cup	
Garlic salt		2 tsp		1 Tbsp 1 tsp	
Dry bread crumbs	8 oz	2 cups	1 lb	1 qt	
Parmesan cheese, grated	2 oz	1/2 cup	4 oz	1 cup	7. Combine Parmesan cheese and mozzarella cheese.
Lowfat mozzarella cheese, grated	1 lb 14 oz	1 qt 3 1/2 cups	3 lb 12 oz	3 qt 3 cups	8. Spread 1 cup of vegetable sauce on the bottom of each 12" x20" x2 1/2" steam table pan to prevent sticking.

Vegetable Lasagna

Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-50

					Assembly: First layer: a. 7 1/2 lasagna noodles b. 1 qt cottage cheese mixture c. 1 qt 1 cup vegetable sauce d. 2 1/4 cups Parmesan-mozzarella cheese mixture
					Second layer: Repeat first layer. Third layer: e. 7 1/2 lasagna noodles f. 2 1/2 cups vegetable sauce
Grated Parmesan cheese	4 oz	1 cup	8 oz	2 cups	9. Sprinkle 1/2 cup of Parmesan cheese over each pan of lasagna. Cover with plastic wrap and foil. To Bake: Conventional Oven: 375 degrees F, 50 minutes Convection Oven: 350 degrees F, 40 minutes CCP Heat to 165 degrees F or higher for 15 seconds.
					10. Remove from Oven: and allow to set for 15 minutes before serving. Cut each pan 5 x5 (25 portions per pan). CCP Hold for hot service at 140 degrees F or higher.

Comments:

*See Marketing Guide.

Marketing Guide

Food as Purchased	For 50 Svgs	For 100 Svg
Zucchini	1 lb 1 oz	2 lb 2 oz
Mushrooms	12 oz	1 lb 8 oz
Onions	10 oz	1 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 piece provides 2 oz of cheese, 3/4 cup of vegetable, and 1 serving of grains/breads.	50 Servings: 25 lb 12 oz 100 Servings: 51 lb 8 oz	50 Servings: 100 Servings:

Vegetable Lasagna

Nutrients Per Serving					
Calories	268	Saturated Fat	3.3g	Iron	2.8mg
Protein	21g	Cholesterol	15mg	Calcium	264mg
Carbohydrate	32g	Vitamin A	213 RE/1823 IU	Sodium	1017mg
Total Fat	6.8g	Vitamin C	29mg	Dietary Fiber	4g
Thiamin		Riboflavin		Niacin	
Phosphorus		Potassium			

New Macaroni and Cheese

Meat Alternate-Grains/Breads

Main Dishes

D-51

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Elbow macaroni	2 lb 10 oz	2 qt 2 cups	5 lb 4 oz	1 gal 1 qt	1. Cook macaroni in steam-jacketed kettle until firm-tender, 8 minutes. Drain and rinse in cold water.
Margarine or butter	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	2. Melt margarine or butter in a stockpot or steam-jacketed kettle.
All-purpose flour	12 oz	2 1/4 cups	1 lb 8 oz	1 qt 1/2 cup	3. Combine flour, salt, dry mustard, white pepper, and paprika in a bowl. Add to the melted margarine. Cook this for 2 minutes over medium heat, stirring continuously. Do not brown.
Salt		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Dry mustard		1 Tbsp		2 Tbsp	
White pepper		1 tsp		2 tsp	
Paprika		1 Tbsp		2 Tbsp	
Lowfat milk or reconstituted nonfat dry milk		1 gal 1 qt		2 gal 2 qt	4. Heat milk in a stockpot to a simmer, then slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
Worcestershire sauce		2 tsp		1 Tbsp 1 tsp	5. Add Worcestershire sauce, shredded cheddar cheese, and Parmesan cheese to the white sauce. Stir over low heat until cheese melts.
Lowfat cheddar cheese, shredded	2 lb 8 oz	2 qt 2 cups	5 lb	1 gal 1 qt	6. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 6 oz (1 gal 1 qt) into each 12" x20" x 2 1/2" steam table pan. Cover with a lid or foil. CCP Heat to 140 degrees F or higher. Conventional Oven: 350 degrees F, 30 minutes Convection Oven: 325 degrees F, 25 minutes
Soft bread crumbs	6 oz	2 cups	12 oz	1 qt	7. Combine the bread crumbs and shredded cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each pan.
Lowfat cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	
					8. Bake an additional 5 minutes, uncovered, until lightly browned.
					CCP Hold for hot service at 140 degrees F or higher.
					9. Each pan serves 25.
Parmesan cheese, grated	4 oz	1 cup	8 oz	2 cups	

New Macaroni and Cheese

Meat Alternate-Grains/Breads

Main Dishes

D-51

SERVING:	YIELD:	VOLUME:
1 cup provides 1 oz of cheese and 1 serving of grains/breads	50 Servings: 21 lb 12 oz	50 Servings:
	100 Servings: 43 lb 8 oz	100 Servings:

Special Tips:

1) Macaroni and cheese may also be combined in the steam table pan. Place 3 lb 1 oz (2 qt 2 cups) of well-drained macaroni and 7 lb 5 oz (2 qt 3 cups) of sauce in each 12" x20" x2 1/2 " steam table pan. Stir to combine, then proceed with step 6.

2) Fresh sliced tomatoes (1/2 ounce/portion) make an excellent garnish.

Nutrients Per Serving			
Calories	277	Saturated Fat	3.7g
Protein	16g	Cholesterol	12mg
Carbohydrate	30g	Vitamin A	158 RE/599 IU
Total Fat	10.1g	Vitamin C	1mg
Thiamin		Riboflavin	
Phosphorus		Potassium	
		Iron	1.6mg
		Calcium	296mg
		Sodium	604mg
		Dietary Fiber	1g
		Niacin	